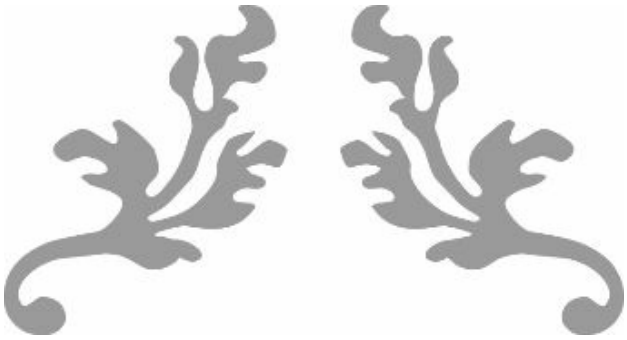
Practical Manual to Past Life Regression

Step by Step Guide and Hypnosis Scripts

Guzalia S. Davis



PRACTICAL MANUAL TO PAST LIFE REGRESSION

Step by Step Guide & Hypnosis Scripts for Your Metaphysical Practice

Third Edition

2018

GUZALIA DAVIS

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2016

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ISBN-13: 978-1721529735

ISBN-10: 172152973X

DEDICATION

I dedicate this work to my brother, Denis S. Shakirov, who left this realm in 2008. When he crossed over, I desperately needed to know where he is, and what it's like to be there. This desperation pushed me on the path I am now. I spend endless nights on research and studies in hopes to get a little closer to my brother. I hope this work will bring some comfort to those that have suffered a loss of a loved one.

My eternal love to you, my baby brother .

From the author:

All information that is presented in this book is based on the results of my own experience and the experience of working with my clients and students, my studies and my personal beliefs. It was not my intent to impose any of my beliefs on you, rather invite you to open your mind and see other points of view.

By the time you finish reading this book, you will know:

- What past life regression is and the benefits of it;
- How to regress yourself and others, one-on-one or in a group setting;
- How to heal your present by healing your past;
- How to recognize the meaning behind the symptoms;
- How to earn money by doing past life regression and promote your services;
- How to recognize and untangle karmic relationships;
- How to connect with your soul family members and call in a soulmate;
- Energetic cleansing and protection;
- Energetic cord cutting.

Scripts included: two variations of past life regression; grounding; protection; connecting with your soul family; meet your soulmate; general healing.

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Introduction

Once upon a time, when I was much younger and prettier… as I was walking down the street in my hometown, a young man approached me and said: “You look so familiar. Have we met before?” I thought to myself, “What a cheesy line.” I did not say anything being the lady I am, but I did give him the look. You know, the kind of look that says loud and clear, “If you don’t leave me alone, I’ll rip your balls and feed them to you.”

Well, that was a long time ago. If I knew then what I know now, I’d respond very differently. I would say, “Of course, we have met before. Otherwise, you wouldn’t be crossing my path right now. Because you should know that there are no coincidences.”

I don’t believe in coincidences. I don’t believe in chance meetings. No person enters our life by chance or mistake.

And now allow me to introduce myself. My name is Guzalia Davis. I am a Hypnotist, Master of Neuro-Linguistic Programming, Past Life Regression Therapist, Hypnosis Trainer, and Member of International Certification Board of Clinical Hypnotherapy (ICBCH).

I have a full-time hypnotherapy practice in Maryland where I help people create positive changes in their lives. I have people coming in with bad habits, fears, sleep difficulties, chronic pain, and many other challenges and issues. I help people quit smoking, take their weight under control, improve their sports and academic achievements. Usually, people turn to hypnosis as a last resort after everything else has failed.

I see great results, but I have never seen anything comparable to Past Life Regression Therapy. These results unfold in the most unexpected and miraculous ways.

I have seen people freeing themselves from pain, fears, physical conditions, gaining more understanding of who they really are, improving their lives and

their relationships.

Some people seek this kind of therapy with hopes to improve their health. Some people desire to experience this just out of pure curiosity. The outcome is always the same – their lives change in a very positive way.

Going into a session, you may have a certain goal in mind, you may have some expectation, but you never really know where you'll end up and what you'll get. Each session is like playing lottery with the only difference that you know that each and every time you'll win, you just don't know how big of a prize you'll get. Every time you can retrieve information that will help you resolve some issues… but the session is just a beginning, we are triggering a process which keeps unfolding long after. It's a gift that keeps on giving.

This book is a practical guide to past life regression for those who desire to explore their past on their own or facilitate regression for other people. There are plenty of great books written about the theory behind past life regression, and just as many that are filled with collections of fascinating stories of people that did undergo the regression. Most of them cover past life regression with a veil of mystery and make it seem like something that is hard to access.

I still hear my clients talking about how they have bought many books, read cover to cover, and still did not gain any understanding of the actual process. Some people genuinely believe that to experience past life regression one must find a specialist trained by Dolores Cannon or Brian Weiss.

Let me assure you right now, once you finish reading this book, you'll gain enough understanding about the process and will be able to regress yourself and others.

I have included two variations of the regression script – one shorter and one longer, with addition of traveling into the future. Both variations can be used for individual and group sessions. If you have no experience in hypnosis, follow my scripts word to word, they are proven to be effective

over and over again.

I have also included the guided meditation scripts for connecting with soul family, meeting your soulmate, protection, grounding, and general healing. These scripts can be incorporated into a past life regression session or used on their own.

Explore Your Past

Why do so many people spend hours searching the internet in hopes to learn about past life regression? As I mentioned earlier, people have different reasons for exploring their past lives. Let's go over some of the most common ones. I'm sure that you'll find that some of the reasons will "speak" to you.

The most common use of PLR is to facilitate healing. Especially in unexplainable cases. You know, when doctors unable to figure out what is going on with you or when they say that there is nothing wrong and it's all in your head. This is when PLR can be a very good option for you. If you can't find an obvious cause for your illness, addiction, or phobia, it is possible that these issues may have been originated in another lifetime. Retrieving the memories of events that may have caused your issues can trigger the healing process. In other words, just observing the cause of your problem sometimes is enough for your subconscious mind to resolve it.

Do you suffer from a phobia that has no obvious cause? Past life regression may help you find the answers you are seeking. Perhaps, your phobia was originated in one of your previous lifetimes. For example, fear of water can be related to drowning in a past life. Fear of commitment may have been rooted in one of your lifetimes when you felt trapped in a relationship or forced into a marriage against your will. Fear of a certain type of animal for no known reason may suggest that, perhaps, you were attacked and hurt by that animal.

Do you have a hunger for exploring past lives which is much more than simple curiosity? This one speaks for itself. Your desires and interests are parts of your internal "navigation system" through life. Your soul, your subconscious mind, if you prefer that term, is trying to communicate. It tells you that something of great importance is hidden in your past.

Do you have an especially strong fascination with a particular period in

history? Have you ever caught yourself saying: “I don’t belong in this time”? Again, it speaks for itself. Your soul is trying to show you that something of great importance had happened during that era. Possibly, you have some unfished business or unresolved issues that were originated in that time.

Are you drawn to a specific location to which you have no conscious connection? Possibly, you have visited that place before or even have lived there. You can bet that if you visit that place it will bring up an array of strong emotions and may trigger release of some memories.

Do you have a feeling that you don’t belong here, and your home is someplace else? I did have some clients that had memories of living in different “worlds,” planets, and galaxies. I believe that life exists outside of our planet.
It is very presumptuous for one to think that humans are the only species that live in this Universe.

Are you fascinated by another culture? During the time of religious wars, when there is so much hatred between people of different
beliefs and heritage, past life regression can be a great eye-opener. Imagine if you uncover some memories of worshipping a God that is different from the present. Imagine that you have spoken a different language and had different skin color in previous lifetimes. It may change your perspective on everything.

Do you have an unusually strong bond with someone that cannot be explained by the present relationship? This may be an indicator that you already have had a relationship or

relationships with this person previously. Saying “we have a past” takes on a whole another meaning here. Doesn’t it?

Do you feel strong negativity towards someone without understanding why you dislike this person? Again, this may be a sign of a previous relationship or relationships with this person.

Do you have knowledge that you could not have acquired in your present

life? You seem to “just know” certain things. We tend to carry some luggage as we travel through our lifetimes. Just as we may carry pain and fears, we may carry some talents, skills, wisdom, and knowledge too.

Do you have a fear of death? Do you wonder if there is life after death? Have you suffered a great loss of a loved one? People say it gets easier with time. But some spend years grieving and drowning in pain and tears. Exploring your past lives and uncovering some memories may deliver great comfort to your heart. Imagine, how you would feel once you realize that you have lived before, and it is possible that you will reunite with your loved ones in the next lifetime. Knowing this may help you to move on and start living your life fully.

Do you have some repetitive patterns of destructive behavior? You may recognize these negative patterns on the logical level but are unable to do anything about it. Certain situations may repeat themselves over and over, and you feel helpless against them. Perhaps, these behavioral patterns were originated in the far past. Once you uncover the original cause of this behavior, you may successfully release it.

What is Past Life Regression Therapy

Past Life Regression Therapy is based on the theory of reincarnation. It is a belief that a soul survives death to be reborn again into a new body with a renewed opportunity to learn life's lessons, grow and evolve.

The word "reincarnation" came from Latin and means "entering the flesh again."

Wikipedia's definition: "Reincarnation is the philosophical or religious concept that an aspect of a living being starts a new life in a different physical body or a form after each biological death. It is also called rebirth or transmigration and is a part of the Samsara doctrine of cyclic existence."

Reincarnation used to be one of the fundamental teachings of Christianity. Roman emperor, Justinian, decided that it will be much easier to control people if they believed that there is only one life to live and then depending on your deeds you go to heaven or hell. He went to Constantinople and pressed the church to conspire. And after some resistance, in the year 553 A.D. the Church officially declared the doctrine of reincarnation as heresy and all the information regarding reincarnation was removed from the bible.

Through past-life regression, Dr. Brian Weiss says, it is possible to heal your mind, body, and soul, as well as strengthen your present-day relationships. He says, one of the most common signs of a past life is déjà vu - the sensation that you have met a person before, have experienced an event or have visited someplace previously. Sometimes, this déjà vu feeling is a sign of a past life with a particular person or in a specific place.

Let's take a moment to go over some terms that are often used in relation to past life regression.

Past life regression is a technique that uses hypnosis to recover memories of past lives or incarnations. This technique works regardless of our beliefs.

PLR - abbreviation for past life regression.

Regression – a return to a previous state or time. Often used in hypnotherapy.

Hypnosis – a state of focused attention, bypassing of critical factor of the human mind, and heightened susceptibility to suggestions.

My own definition of hypnosis: it's a key with which you can unlock the gate to the sacred space within you where beautiful changes can be created, where logic does not apply and limits do not exist, and where magic is a permanent resident.

Transmigration – the belief that the soul can decide to come back in a plant, animal or mineral form. Dolores Cannon collected some data on that subject throughout her 30 years of experience. Some of her patients had memories of being a plant or an animal. I have to say that I did not have such cases in my practice, at least not yet.

Karma – the Law of Cause and Effect. In Sanskrit, Karma means action, work or deed; it also refers to the spiritual principle of cause and effect where intent and actions of an individual influence the future of that individual. In Vedic scriptures, it is said that our lives are weaved from our Karma. Everything that is present in your life now is the result of your past karma; every decision you make and every action you take creates more karma and will influence your future life. I'd like you to think of karma not as a punishment, but instead as a learning opportunity to gain wisdom of universal laws.

For every action, there is a reaction and vice-versa. It is your attitude that determines the

positive and negative influence karma has in your life. In past life regression therapy, we often deal with the concept of Karma.

Free-Will – the ability to choose your own path of existence. We choose who we will become when we reincarnate. We choose our gender. We choose our parents. We choose what lesson or lessons we want to learn and our mission.

Déjà vu – in French, it literally means "already seen." It is the phenomenon of having an adamant sensation that an event or experience currently being experienced has already been “lived through” in the past. It is a feeling of familiarity. A feeling that you have visited a
location previously, when in reality you are visiting this place for the very first time. A feeling that you already know a person that you’ve just met.

Abreaction – a spontaneous release of a deeply emotional experience.

The Meaning Behind Your Symptoms

Many times, the symptoms we feel are said to be “all in your head” by doctors. If there are no physiological or psychological reasons for the issue, then past-life exploration would be a wonderful way to uncover the memories of past trauma.

Often past life regression can reveal the “root cause” of a present symptom, injury or chronic illness. Birthmarks and deformities could be the physical point of entry into the body at the time of death, such as stabbing or gunshot wound. A “root cause” is often found in a past life memory.

These clues can be relevant to your past and just as well to your current lifetime.

Please use common sense. This information is not meant to diagnose any illness, just to give you some clues.

Asthma: may be linked to greed, selfishness, desire to take on too much and hold onto things. Unresolved grief Fear of life. No desire to be here.

Chronic Constipation: Lack of desire to do anything for others. Greed. Envy. Selfishness. Not wanting to share anything. Fear of letting go. Trying to hold onto everything you have. Fear of losing control. Fear of the future.

Diabetes: Imbalance on the emotional level. Envy towards people that have more than you. Self-blame. Feelings of not being loved. Sadness. One Tibetan monk told me that he believes, diabetes is the “unloved wife’s disease”.

Food allergies: often related to the feeling of low self-esteem and the constant need to please others. They can also be brought about by sustained feelings of being out of control. Inability to express emotions.

Headaches and Migraines can be symptomatic of unwillingness to

acknowledge an unpleasant experience or a reaction to injury from a past-life. Suppressed anger and hate. Willful ignorance.

Eyes: recurrent eye infections and poor vision are symptoms of poor perception. A person may have witnessed a horrific event in the past and creates blindness to injustice and brutality now. A person might be consciously choosing to ignore what's going around – literally, does not want to see. Narrowmindedness. Rigid views.

Ears: recurrent ear infections and poor hearing could be an unconscious desire to ignore what you don't want to hear or acknowledge. Stubbornness. Unwillingness to hear other
opinions or accept any advice.

Nose & Throat: sinus problems and persistent sore throats may be indicative of death by drowning, guillotine, have your throat cut, suffocation or strangulation in a previous life. Also, lying and holding back true emotions. Inability to express emotions.

Neck, Shoulders & Back: pain can indicate **a** reluctance to bear a burden, overbearing pressure and responsibility. Financial difficulties. Emotional restrain. Domineering parents.

Legs & Feet: stiffness, swollen ankles, leg ulcers are a manifestation of needing to escape or run away. Choosing the wrong life path. Going to places you'd rather not, like to the work that you hate.

Stomach: digestive disorders come from suppressed emotions such as bitterness, resentment, and anger. In many cases, this "dis-ease" of the soul manifests in a current life
as cancer cells in the physical body due to unprocessed emotional energy.

Sexual dysfunctions: a feeling of sexual inadequacy, impotence, lack of bladder control, could be due to guilt or fear from past-life sexual trauma. It could also be linked to rigid religious beliefs or cults. It can be the result of refusal to fulfill your gender role.

Skin: eczema, acne, hives, rashes may be symptomatic of the need to "get out of your skin." Often these skin eruptions are from emotional pain still stored deep inside.

Anorexia & Bulimia could be symptomatic of current problems such as lack of self-worth. Extreme fear of rejection. Past-life origination could come from rejection from a parent or a lover. The emotional impact of abandonment may manifest as a desire to waste away literally.

Obesity can be rooted in a strong desire to build a physical barrier to isolate or protect self from the danger or society. Many victims of abuse and rape unconsciously gain weight. These people have a deep need for protection, both – physical and emotional. It may also originate from a traumatic experience of malnutrition or starvation in a former life. People would often obsess over food so that they never must feel the pain of hunger or starve to death again.

Addictions: lack of self-love. Gratification by use of drugs, alcohol, sex, shopping, food, gambling may come from deprivation or fear of loss in a previous life. People may have an all-consuming urge to make sure they "have enough" this time around. Lack of genuine relationships. Lack of love in general.

Depression: some people feel sad and depressed without any identifiable cause for their condition. If in a past-life you have suffered a traumatic loss or an extremely
traumatic experience, you may still carry this informational imprint and emotional language and continue to feel helpless and hopeless even though you may not have any apparent reason for it right now.

Insecurity takes on many forms with the most common being the "fear of commitment." If in a past life you were abandoned, you may now need a lot of affection. This often leads to a series of short-term relationships or staying with abusive partners so that you never have to be alone again.

Anxiety is an indicator of a lack of trust in one's own abilities. Often a deeply ingrained belief about not having enough of food. A belief that there

will never be enough resources, love, and so on.

Fears and Phobias: Fear is a normal response to danger. Fear is embedded in our natural instinct for survival. A Phobia, on the other hand, involves an "irrational fear" of something that does not present an immediate or logical danger. In most cases, fear is symbolic of general insecurity and anxiety concerning the future or mortality. Past life connection could be in the form of drowning, burning, suffocation or torture.

Female Health Issues; Breast and Ovarian

Cancer:feeling unloved;loneliness; lack of

satisfaction in family life; unwillingness to take

on the role of a mother and wife.

How Much Can I Remember?

How much you can remember during past life regression depends on many factors. How deeply can you relax? The more relaxed you are, the better experience you will have. How deep into the trance can you go? If you practice meditation routinely, you are at a great advantage. You are already used to entering an alternate state of mind on your own. If you've been hypnotized before, you are at a big advantage too. Your mind is conditioned to go into the trance. Don't despair if you have absolutely no experience with either one. All you need to do is to follow my suggestions and practice. With every regression session, you will be able to enter hypnotic trance quicker and deeper. Our mind is like a muscle; you can train it to do whatever you need.

We are all very different. We perceive information in different ways. Some people are more visual, and their subconscious mind will present information mostly in images. In conversation, they often say: "I see" or "It seems..." or "It looks like…" People that are more audial, perceive information primarily in sound. They would say: "I heard that" or "I heard the voice…" Kinesthetics are relying more on their sensations and feelings. They usually say: "I have a feeling" or "I feel" or "I sense that..."

Different depths of past-life recall:

1. There are very little if any vivid pictures. Images may be blurry, out of focus. You may be confused by what you feel or what you are observing. You may have difficulty in self-identification. Unexpected switching from one past-life to another may occur. That is very common for the "first-timers." Don't be discouraged. You didn't learn to walk or read in one day, and you will need time and practice here too. Be patient with yourself. Keep trying. Very soon, you will succeed.

2. There are more specific visual details. You may be more comfortable as an observer. If there are many people in the scene, it may be difficult for you to determine who you are.

3. Much more details. It may be similar to watching television. You know who you are. All your senses are now activated - sight, smell, sound, taste, feel.

4. You are much more involved now and have little or no analysis of what you are experiencing. All your senses are being used. You may be a real person or an observer.

5. You completely assume the past-life identity. Once reemerged, may not remember anything, and you may experience time distortion. You feel and experience all situations as reality.

Going to a Professional

Good reasons for going to a professional:

Hypnosis is a very powerful tool, and even more so if it's in the hands of experienced professionals. A trained hypnotist will be able to guide you into much deeper levels of a hypnotic trance. Therefore, you may have a much more profound experience of exploring your past lifetimes. Reaching somnambulism, very deep hypnotic state, will ensure that the analytical part of your mind is not counteracting your attempts to uncover past life memories. Once your logic and rationale are out of the way, you won't be wondering if the arising memories are real or just a product of your imagination. You will be absorbed in the experience so deeply; it will feel as though you are reliving some events.

A trained hypnotist knows how to handle abreactions. Abreaction is the spontaneous release of a deeply emotional experience. It is not harmful, and any qualified hypnotherapist knows how to handle it. You may uncover memories of some very traumatic events, and it may scare you. Some strong emotions may arise. A trained hypnotist knows how to help you release those emotions – that's where a simple exploring turns into therapy.

Who is qualified to do PLR?

Any competent hypnotherapist will be able to regress you. Just make sure that you do your research. You want to find someone neutral in their approach, someone who would not impose his or her beliefs on you. Find a therapist that will allow you to have your own experience vs. leading you into what he or she believes it should be. I participated in a group regression where every person recalled been a shaman. Was that a coincidence or the result of a very specific leading language used by the therapist, enforced by shamanic drums played in the background? Another therapist shared with me that she loves to use imagery of an extraterrestrial ship in her past life regression work. No wonder most of her clients recover memories of being an alien or an alien's abductee.

Please don't get me wrong, I am not trying to brush off the validity of these experiences. It is possible that each of us lived a lifetime or a few as a shaman or an alien. Some traditions believe that each human goes through 10,000 lifetimes on Earth. Just imagine how many roles we can play throughout this time. I just want you to understand that if your goal is to resolve some specific issues, you will get the most benefits from regressing into the lifetime that is related to these issues. That would only be possible if your therapist uses neutral - not leading language. Communicate clearly about your goals. Make sure that your therapist is on the same page with you.

The good news is that it really does not matter whether the hypnotherapist believes in reincarnation or not. Past life regression therapy is widely used by even the most conservative and scientifically inclined therapists.

I'll tell you more… Some of my clients have stated that they did not believe in reincarnation but wanted to try past life regression anyway out of curiosity. All of them regressed successfully. Later, some of them reported about the positive changes they have experienced as a result of regression. Because past life regression therapy works regardless of our beliefs! It is a commonly accepted practice amongst hypnotherapists to not suggest past life regression as a therapeutic tool unless the client asks first. Don't let anyone impose this experience on you. You will know when you are ready. No therapist should be using this technique intentionally without your permission. Although, there are some cases of accidental, unintentional regression. I had a few of those too. I facilitated age regression which is the way of going back to a specific point in time. We were working through the nail-biting habit.
I was guiding the client back to a time when he started to bite his nails so we can figure out
what triggered it.

The client has told me that his habit started when he was about eight years old. I regressed
him to that age. "Is this the first time you bit your nails?" No. We went farther back… and then even farther, all the way to two… And all of a sudden, this big grown man was speaking in a very girly manner. A couple of questions before I realized that he has regressed into another lifetime.

An average regression session can be from 1 to 2 hours long. Going longer will leave you and your therapist exhausted and won't produce good results. You can always come back and start where you left off in the regression and dive in even deeper.

Please understand that Past Life Regression Therapy is not something that your therapist does to you. Instead, think of it as your own inner work. Neither is it a "one-time fling," it's a process, a journey that you take on with the help of a therapist. You are in the driver's seat, and the therapist is your navigation system.

Prepare for the Session

To prepare your subconscious mind, start a journal beforehand. If you are reading this book, the chances are that you have been contemplating to explore your past life for some time now. Just the act of thinking about it signals your subconscious mind that you are ready for this experience. Write down your intent - why do you want to explore past life? What memories do you hope to uncover? What questions are you seeking answers to? Also, paying attention to your dreams and writing them down will help you to communicate with your subconscious mind more effectively.

Plan to go home and rest or even get some sleep after the session. It's not a good time to return to work.

Although most of the time, hypnosis session will leave you feeling re-energized and invigorated, it's not the case with regression. Your subconscious mind will be hard at work. You may get overwhelmed by the array of rising emotions.

If you are purchasing a package of a few sessions, for the best results, plan on spacing your appointments approximately one week apart.

Make sure that you eat something and hydrate well before the session. You want your blood sugar to be stable, so you are comfortable.

Make sure to wear loose non-restrictive comfortable clothing. Avoid tight jeans and belts. Bring a sweater. Your body temperature may naturally drop during hypnosis.

You may bring a friend or family member if that makes you feel more comfortable. Although, I would advise against it as it may be a distraction.

One of my clients regretted bringing a friend. He said that he was concerned about letting out some "dark secrets" while in hypnosis. Even after the friend left the office and took a seat in the waiting area, this man

was still worrying about been overheard.

Your hypnotherapist will ask you to fill out some forms. He or she may email or mail them to you beforehand. If your hypnotherapist doesn't mention the paperwork while you are booking your appointment, ask if he or she can send it to you. It will ensure that no time is wasted during your appointment.

Be on time. Most likely, there are other clients scheduled before and after you. Assume that your appointment will start and end on time with or without you.

Some hypnotists require a deposit to secure your appointment. This amount usually runs in the range between $30 and $45. Some hypnotists will require full payment in advance as I do. I would not consider any appointment booked until the client completes the payment. It ensures that I don't block two hours of my time for someone who is not going to show up. I'd rather spend this time with someone who can benefit from my services. I send via email some forms to fill out and the invoice. In these modern days, almost every practitioner accepts some sort of electronic payment, but I know some hypnotherapists that still insist on the cash-only policy.

Make sure to request a video or audio recording. Sometimes, things unfold in such an unexpected way; your therapist may be in shock from what he hears - had happened to me quite a few times. It is impossible for the therapist to write down everything you say or memorize it while guiding you in hypnosis. You can bring your own recording device; I don't think that any therapist would object to that. You can use your phone for recording. It is a good idea to have a microphone as people in trance usually talk very softly. There were a few times that I was really grateful for having the recordings as if not for these recordings, the clients themselves would not believe what they have said while in the trance.

Once reemerged from hypnosis, don't rush to get up. You may get dizzy. Your therapist will offer you some water and ask questions. It's good to talk about the emotions that may have resurfaced. You may want to jot some notes.

Often, during regression, people see images of symbols that are hard to describe in words right away. Scribble them for later references.

Going Solo

You may choose to time travel on your own. There are plenty of audio recordings available to assist you. You can even record your own audio with a specific set of questions that are important you. No need for fancy devices, just use your smartphone to record the audio. For the best results, use headphones while listening. They will block out the surrounding noises.

Prepare for the session as described earlier: set clear intent, eat, hydrate, wear comfortable clothing…

You may choose to sit on a chair or recliner or lie down. Get a blanket. You may get chilly. Make sure that no one will disturb you. Turn off your phone. Dim the light. You may want to record yourself during the session. That is beneficial if you decide to answer the questions out loud.

Work with one topic at a time. You can continue with the next session from the place where you have left off last time. Write down your impressions right after the session. After practicing for a while, you'll be able to regress yourself without any aid of recorded audios. All you'll need is to enter an alternative state of mind through meditation or self-hypnosis and start the process of regression simply by imagining yourself getting younger and younger… going through the mother's womb… entering the space in-between lives. Set intent to enter the lifetime that is related to the issue you are working on at the moment. And just relax and allow your subconscious mind to do its job.

People often ask how to understand the difference between real memories and imagination. Some spiritual teachings say that it is impossible to imagine something that isn't already present in your consciousness. Anything that is present in your consciousness you have already experienced at some point.

A word of precaution: abreactions.

Abreaction is a spontaneous release of a deeply emotional experience. Usually, involves reliving a traumatic event and release of suppressed emotions.

How to recognize abreaction: rapid breathing, sweating, sudden movements, crying, screaming, sometimes hysterical laughing. In other words, you can't miss it.

Past life regression is possible because we are reaching deep levels of relaxation and entering an altered state of mind. This process on its own is usually a very pleasant and enjoyable experience. This state of being is very healing for both our mind and body. You may dive into the experience so deeply that you will feel like you are reliving the situation. You may recall some traumatic events, and strong emotions will resurface. You may feel scared, sad, hurt. You may feel physical pain.

Just remember that you are in full control. If for any reason you'll feel uncomfortable, you can just open your eyes and take a few deep breaths.

Some people may not be comfortable while regressing into a painful moment in time or death transition. But you can view the experience from the observer position. Just as I already mentioned, you are in full control. You can choose to relive the event as it is happening, view the past-life as an observer just like you are watching a movie on the screen, floating above, or standing in the safe distance.

If you are guiding someone else, and abreaction has occurred, repeat a few times calmly: "Take a deep breath, and let the experience fade." Stay calm. This is an emotional release, and it's not harmful.

You do however want to schedule your session with plenty of free time and make sure that you have no obligations afterward. You may need some time

to rest and process your emotions. You may have some spontaneous emotional releases days or even weeks afterward. Don't fight them. Allow the process to happen. Be patient with yourself. Make sure that you get plenty of rest and nourish your body well. Spending more time in nature is always helpful. Taking a salt bath will help you to neutralize negative energy and release some of this "heaviness."

My students and clients love this emotional release technique:

Sit on the edge of your bed, hands hanging freely, knees apart, feet flat on the floor. Bring your focus inside and scan your body. Look for the sensations of discomfort, heaviness, pain, anything that feels foreign.

Inhale deeply, and as you do, imagine that you are collecting all that you want to release. Exhale all of it forcefully. As you exhale, lean forward, laying your stomach onto the lap. Allow your head, neck, shoulders, and arms to hang freely. Relax. Get back into the upright position, and once your breath normalizes, repeat the process. You can start with 3-4 breath cycles and increase it up to 10 gradually. You can do it as a course, for 7-10 days in a row, or whenever you feel "heavy" or sad.

Write your impressions down. The act of writing will help you to release some of these emotions too.

Understand that when you'll have this massive emotional release, some issues of your current life may resurface too. Do your best dealing with them as they come. Do not tuck them in. Suppressed emotions can damage your health.

Continuing the Process

A hypnosis session is just a beginning. We are triggering the process of discovering the unknown parts of ourselves and healing. You may have spontaneous flashes of images, symbols, or memories. You may start processing this information through your dreams. Make sure to write down everything that comes up into your journal. Regardless of how meaningless or insignificant it may seem at first. These are all the pieces of a big puzzle that eventually will come together and help you understand who you really are.

Be prepared to deal with unexplained emotions that may arise. Spontaneous releases of anger, fears, or sadness may happen. Don't try to suppress it. Don't resist, as resisting will prolong this process and make it more difficult.

Just allow it to happen. If you need to cry – cry from the heart. If you need to scream – scream. Understand that this is a part of your healing process. Be kind to yourself and be extra nurturing to yourself during these times. Get proper sleep and plenty of rest, eat well, avoid alcohol, don't overload yourself with chores, surround yourself with caring people and avoid toxic ones.

Reflect and find a connection between visions and your current issues. Your struggles in relationships may have been rooted a long time ago. Perhaps, you are in an ever-evolving relationship with a particular person. Ancient Vedic scriptures say that when a man marries a woman, he takes on responsibility for her for seven lifetimes.

Having a peek on your previous relationships with this person may help you to gain a better understanding of what is going on right now.

A sense of insecurity and trust issues may have originated in the past as well. Once you understand where these feelings come from and whether you have

a real reason to feel this way right now or it's a lingering feeling from the past, you may heal this trauma and finally learn to build healthy relationships.

Once, I had an older lady come in for an appointment. She was very obese. But this is not why she came in. She said that she was always curious about past life regression and finally decided to give it a try. During the session, she remembered herself being a little girl digging in the frozen field for roots. She was starving. That girl died from hunger. It was a moment of epiphany for my client.

After the session, she said that all her life was revolving around food. Every time she needed to leave her house, she planned when and where she would eat.
She always made sure that her refrigerator is stuffed with food. She said, "Gosh, I know now that I starved to death before… But there is no real threat that it will happen now. I can stop worrying about…"

I received a call from this lady a few weeks later. She said that the weight seems to just come off on its own even though she hasn't made any changes in her diet. The only difference is that now she feels more relaxed around food.

If during your regression, you have visions of some traumatic events, you must make a conscious effort to heal those traumas. If you have found yourself in the middle of relationships entanglement, get closure and set yourself free so you can move on with your life.

When you travel from one lifetime to another, take time in the space between lives to reflect on your discoveries and do the healing that is needed.

You may have some interesting encounters during these sessions. You may see people that you know now, you may see your loved ones that have already crossed over, you may even meet some astral entities, angels, spirit guides. Stay calm. Remember that you are safe. All you need is to open your eyes if you get startled or feel uneasy. I encourage you to embrace these encounters. These beings are visiting you for a reason. Perhaps they have an important message for you, or they came to comfort you, or they desire to

assist your healing.

I've had cases when clients met their spirit guides. I've also had some cases when entities wanted to communicate and speak through my clients. Keep in mind that in this case, the client's voice may change, and they may even speak another language.

During regressions, you may purposely decide to visit specific times to connect with particular people. Many have succeeded. You may decide to visit the future instead, just to satisfy your curiosity or gain some knowledge. The time is not linear. Only our perception of it is linear. It is all happening simultaneously – the past, the present, and the future. So, you can access the future just as easily as you can access the past.

You can also access parallel realities. The practical use of it would be acquiring skills, resources, knowledge that you may possess in another reality.

For example, you want to start a new business. State your intent that you want to visit the lifetime or reality where you are already running this business successfully. You go there, meet yourself, and ask for guidance.

Here is the technique: imagine meeting the other-self – the version of you that possesses all the knowledge and experience you need right now; imagine yourself and another you merging into one, and absorbing all the skills, all strength, all talents of another you, allowing them to become a permanent part of you. And then bring all this goodness back into your present. You will be shocked at the changes that will occur in your consciousness and your life.

The same technique can be used if you want to gain some knowledge and skills that another person or entity possesses.

You can also find another version of you that is perfectly healthy and merge with that version to improve your health.

Turning Your Passion into Cash

If you are already a practicing hypnotist, chances are you were just looking for some guidance to add past life regression to the list of your services. Past life regression is a great modality to add to your professional toolbox. If you have never practiced hypnosis but are drawn to past life exploration and truly passionate about it, consider turning your passion into a job. As far as I know, there is no certification required to offer past life regression to the public. Please do check your local laws and regulations on that subject. Offering this service will open a whole new stream of income. This work is fascinating and very rewarding, both spiritually and financially.

After practicing regressing yourself, family members and friends, and gaining experience and confidence, fairly soon you'll be able to offer it as a paid service.

I'll share a secret with you. When it comes to hypnosis, friends and family make the worst "victims." It's just the way it is! It's much harder to hypnotize successfully people that are close to you. You will probably hear: "It didn't work," "I wasn't hypnotized." Be ready to be teased and laughed at. It's absolutely fine. The important thing to remember that all you need is just some practice! If you can get through this phase, you will be fine!

You can join a local group of hypnotists-enthusiasts or meditation circles. It's a great way to learn from others, and you'll have a chance to practice your skills. You can search Facebook, Craigslist, and Meetup sites to find like-minded people.

While practicing and gaining confidence, start setting up your business. You can register yourself online as a private proprietor. In the USA, there is no fee for that. If you decide to register your business as a legal entity such as

corporation, there are substantial fees that apply. Do your research. Information about setting up a business is widely available online. Your state's comptroller and IRS websites are reliable sources. When you are just testing the waters, don't rush to spend money. Look for the most economical options; there are lots of free resources. You can always upgrade later. The easiest way is to register as a private proprietor. It will not complicate your taxes filing.

You will need to find a way to be found. Again, there are free resources available. You can set up a simple website with a free host like Wix. There are plenty of other available hosts. You can set up a business page on Facebook, also free. You will need some business cards. You can design and print them at home on your own or order online. Vista printing company offers 100 cards for just $1.99 (the USA in 2016).

You will need a place to see your clients. Of course, it doesn't get any cheaper than doing it in your home. All you need is a nice comfortable chair for your clients. A recliner is great. I, to this day, see some clients at home; even though I rent offices at three different locations. Sometimes, it's just more convenient to stay at home. Don't worry about not having a fancy house; that's not why your clients come to you. As long as you keep it clean and cozy, no one will object to it. Many professionals choose to work from home for various reasons. Especially, if you work part-time and see clients only occasionally, it wouldn't make any sense to pay rent for an office.

I don't have a fancy house. I'm a single mom and live very humbly. I see my clients in the living room. I use a zero-gravity chair (lounge chair) that I padded with memory foam and covered with nice fabric that resembles leather. I use a small towel to cover the head area of the

chair which I change after each client. The chair looks so luxurious; you would never guess that it's a lounge chair from Walmart. It's portable. I can fold it and hide it in a closet. I can take it with me anywhere. I still carry it with me from office to office even though every office is supplied with a classic recliner. My clients love this chair so much, it's hard to get them out of it at the end of the session. They call it "the magic chair" or "the floating chair."

Another plus to working from home, you have the freedom to create the right atmosphere for your clients. I can't stress it enough how important it is to set the tone. You can burn candles and incenses; you can light a fire in your fireplace; you can turn some soothing background music on; you can offer your clients a nice cup of tea while you're getting ready for the session. All this will help you to build a rapport with your client and therefore make your work more productive.

Unfortunately, if you are renting an office, you are limited to what you can do. Your landlord may forbid the use of candles for safety reasons. There are maybe other practitioners and clients in the office next to yours, and you won't be able to play music.

There are pluses and minuses to both – working from home and office. There are clients that I would never feel comfortable inviting home. But I love working from home, and my clients love coming to me because they feel welcomed. They say, as soon as they cross the doorway, they are pulled into another reality… leaving all the daily concerns behind. This is exactly what I want!

The same goes for the group sessions. You can run them in your living room. You can put chairs in a circle or throw some blankets and pillows on the floor. Some people prefer to lie down for the session.

Be realistic as to how many people you can accommodate in your space. Don't invite more people than you can fit in.

Weather permitting, you can have your group meetings outside on your patio or garden, in a public park or even on the beach. I have done so! Ask everyone to bring a blanket or a yoga mat to sit on. Remind about bug spray and sunblock. Bring your portable microphone so your voice is not lost in the surrounding sounds.

If you'd like to accommodate bigger groups, your local library may be a great place. That is how I run my first workshops and group hypnosis. Most of the libraries will have meeting rooms available for general public use. Check out your library's website or just go there and find out if you can use their space. I was able to go online and book the room for when I needed.

Check if your library will let you use the space for free or will charge for it. I paid $50 ($25 per hour), for the room that fits 100 people. You can't find a better deal than that. Check the cancellation policy before booking. You do want to book the room ahead. But you need to be able to cancel it without losing money in the case if you won't have enough people signed up for your event.

Check out your local yoga and dance studios for hourly rent. They usually very affordable.

You may be able to get a space from a local church or school. Don't hesitate to contact people and ask. The worst thing can happen is that they will say, "No."

Another great but much pricier option is conference rooms in hotels and resorts. Keep in mind that their policies may require you to have business insurance in place.

I have also rented places through Airbnb. I've run weekend retreats in cabins in beautiful mountains of Virginia. I've also rented gorgeous mansions on Potomac River, Washington DC, for a few of my retreats and hypnosis trainings.

Get a calendar and plan your schedule. So, when a potential client calls, you know exactly when you will be able to see him or her. I build my schedule around my son's schedule. I see clients only when he is at school or visiting his father. I mark a calendar with a highlighter crossing all the time that I won't be able to work and leave open the time I can. This way when a potential client calls, I can see right away what time I have available. Based on that, I schedule my workshops and group events too. Plan your group sessions ahead. Plan out a few months' schedule. You will have better attendance with a lot less stress. You want to schedule your events at least 3 – 4 months ahead, planning the whole year ahead is optimal. Promote in your local newspaper and social media. Place free ads on Craigslist and Backpage.

I remember, during one of my discussions with other hypnotists, someone had said that advertising on Craigslist is scary to which I replied: "No, what is really scary is to pay a lot of money for advertising that will not result in any clients. Advertising on Craigslist is free and it never failed to bring me clients."

Be proactive in promoting your services! Let all your friends and family

know what you do. Always carry your business cards everywhere you go. Give it to everyone you talk to. Leave a
few cards everywhere it may be appropriate.

Print yourself an ID badge with your name and the word “Hypnotist” in large font. As one of my friends says: “Hypnotists are like astronauts. There is very little chance to meet either one in real life.” Wear this badge everywhere you go, and you will attract attention like a celebrity! Be prepared to give your sales pitch and offer your business cards.

Custom printed shirts work in the same way, only they are much easier to read from a distance. My t-shirts are always a great conversation starter, regardless where I wear them, grocery stores, post office, a run in a local park, a quick lunch in out…

Car magnets work very well. I have a separate magnet for each - past life regression, weight loss, and smoking cessation. I switch them depending on where I go. I have “picked up” a few clients like that. Please note that placing this magnet on the back of the car will attract more attention than on the sides of the car. You can also get custom printed stickers.

I send out a letter to local businesses and organizations that could benefit from my services. introducing myself and my services. New Age shops, book stores, and spiritual organizations respond with great interest. I also have success with organizations that already collect large groups of people like yoga studios and gyms, golf clubs, and churches (surprisingly responsive).

It’s a very simple one-page letter. I briefly introduce myself and tell about my services. I included my photo to make it more personal. It lists ways to contact me and threw in some special offers. I send out this letter with some fresh offers every few months. As a business owner myself, I hate receiving cold calls. I hate even more when some salespeople just drop by announced. It disrupts business, costs you time and energy. It’s very annoying! Unless you like to be scolded, mail your offer. If you can’t put it in writing – you don’t have anything to offer.

There many options for paid advertising: Facebook ads, Google, Yelp, local magazines and newspapers, holistic directories, Groupon, Consumer's Eye magazine. Check what is available to you locally. If you are planning to experiment with those, consider setting up a
separate phone number for each campaign you run so you can track the results.

Great way to build your client's list is to start your own group on Meetup. Make sure that the group name includes words "past life regression" so your potential clients can find you easily. Plan a few meetings ahead. Be consistent. Send out new meetings notifiers and reminders regularly. Your Meetup page will have the option to accept payments online for the meetings. Join other Meetup groups with similar interests - New Age, alternative healing, meditation circles… You will have a chance to introduce yourself and talk about what you do. I was invited to talk about past life regression in many groups.

Thanks to these meetings, many people became my clients!

There are a few ways to handle payments. You can accept cash only payments. But you may miss out on some clients by not accepting electronic payments. You can set up an account with PayPal or Square to be able to charge credit cards. After setting up an account, you will need to download an app to your phone. They will send you a "swipe" gadget that connects to your phone for swiping credit cards.

Another consideration: you may want to require your clients prepay for the session to avoid no-shows and awkward moments when your client's card will be declined. If you have a PayPal account, you can create an invoice and send it via email to your client. The client doesn't have to have a PayPal account; he can pay with a credit or debit card. Don't accept personal checks to avoid the headache of dealing with bad checks.

I charge ahead for my workshops and group events too to ensure that my room is filled. On my website, people have to pay a full attendance fee in order to register for the event. When I post my events elsewhere, I include the

link to my website for the registration and payment.

Do not worry about scaring away clients with the demand for full payment in advance. People that don’t want to pay upfront, most likely, cannot or don’t want to pay at all.

For a while, I was watching another therapist working in the office next to mine. Literally every day, she had 1-2 clients not showing up for their appointments. I felt bad for her, I had my share of no-shows in the earlier days. When I asked why she doesn't charge upfront for her service, she said: "I chose to trust people." That might be very admirable, but it costs her a few hundred dollars per day.

Some would say that trust cannot be measured in dollars. So wrong! Go over your finances and see for yourself how much the trust that you put in other people costs you per year. Don't project yourself on other people. If you are trustworthy, it does not automatically mean that everyone is too. Don’t put yourself in a position where your trust costs you a loss of time and income.

My pre-payment policy is posted on all my websites. I also state it whenever people call to book an appointment. At the end of phone call, I direct them to my website to place the payment. I do understand that not everyone may feel comfortable asking for money. I can tell you what feels much worse than that - not getting paid for your time and efforts. Practice saying it out loud until you’ll get comfortable.
Here are some policy samples that you can post on your website and include in your agreement forms.

Sample of payment policy for website:

“I require full payment in advance for my services. Your appointment will not be considered booked until you complete the payment. You can call (your phone number) to schedule before to placing the payment.”

Sample of the payment request during a phone call:

“I require full payment upfront to secure the appointment. You may place it on my website or I can email you the invoice. Once you’ll place the payment, you’ll receive an email with a confirmation of your payment, and directions to the office.”

The only objections I ever got came from males saying that they’d rather pay cash to keep it private or that they do not want their wife to find out. What those men could possibly have in mind to make them want to hide their visit to a hypnotherapist from their wives? These cases prove the need for this policy!

Sample Cancelation and Rescheduling Policy:

“When you purchase my services, I commit to reserving enough time to serve you. That affects how many clients I can take on. For that reason, I do not offer refunds.

Appointment rescheduling must be made at least 48 hours before scheduled appointment or you will be charged for the full appointment.

Your time is valuable, and so is mine. If you are late for your appointment, you lose that time. Regardless of how late you arrive, your appointment will end as scheduled. If you don't show, you will still be charged in full.”

Video Recording:

“For your safety and mine, your visit will be video recorded.”

No Refund Policy:

“By signing this, I am stating that I have read this form and understand that the practice of hypnosis is not an exact science. Therefore, results are not guaranteed, nor are refunds given for services rendered.”

Safety Considerations:

Whether you are working from home or a rental office, you can never be too careful when working with strangers. My students often say that they’re afraid to offend potential clients by not trusting them. To which I reply with, "Would you rather die?"

People that don’t have any ill intentions will never question your efforts to keep yourself safe. Do not accept anyone as your client if they try to push your boundaries and dictate their own rules. This is your business, you are the boss, and you get to make rules.

Here are a few tips that you may find useful:

- Take a full payment upfront - with a credit card or PayPal. This way you'll have the real name, and this person will become traceable. This alone may deter some pricks.

- Schedule appointments when it's convenient for you. Whenever possible, plan your appointments for when other people will be around. Often men target female therapists and will demand that you see them late at night or during a weekend, when most likely there is no one around. People that really need your help will make time!

- When alone, make it look like there are other people - turn all the lights on; turn music on, tv or radio on in the other rooms; tell your client that you have to keep the voice down so you don't disturb other practitioners or your family

members... If alone at home and if you have more than one vehicle, make sure that they are all visible.

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- Video record all your sessions. Include that in your intake forms.

- Keep your window's curtains open during your appointments, so it is all visible from outside.

- Ask your neighbors to look after you. Make up some signal system like leaving the porch light on or hanging a towel from the kitchen window. It may seem like a silly game, but it may save your life.

- Do equip yourself with pepper spray, stun-gun (check your state's regulations), and keep your car keys near so you can push the panic button if you need...

- Do listen to your gut feeling when talking on the phone to potential clients. If you feel uneasy while talking on the phone, it will be even more so when you'll have this person in your room.

- You can offer a 15 minutes Skype consultation if seeing the person will help you to sort through. You can say that it is your way of qualifying the clients before accepting.

- If you, for whatever reason, cannot see your clients in person, don't have an office, and not comfortable inviting strangers into your home, you can still provide your services and earn money! You can see your clients via Skype, Google Hangouts, Google Duo, Zoom, or other applications that are designed for video calls. Most of them will enable you to record the sessions too. You and your clients will need to set up an account with the chosen provider ahead of time. You will need high-speed internet. Collect the payment in advance. Send an email instructing your client how to prepare for the session. One of the important conditions is that you need to be able to see your clients face and hear his or her voice well.

- Having a separate phone number for your business may also be an aid to your personal safety. You can get an app for your phone that will give you a second phone number which you can use solely for your business. This way you won't have to share your private phone number with strangers. Just go to the app store and search for "second number" or "side phone line." Some of these apps are free of charge and some have a monthly subscription fee. Pay attention to the descriptions – different apps have different features. Some allow only calls; some allow only text messages; some allow both. Some app will only connect you with the people that use the same app. Find an app that has an option of setting up customized greeting. You can record a greeting for your potential clients that is separate from your personal use number. You will also be able to set up text auto-responders. Mine is directing the callers to my website.

Structuring Individual Sessions

Find out what brought your client in, what is their goal, what are the current issues he or she would like to address. Did your client already experience past life regression and hypnosis and what are his or her expectations? Build rapport while you ask all these questions. Your client needs to trust you and feel comfortable to be able to relax during the session. Ask your client to set a specific intent for the session. For example, focus on health, relationships, or career. It is better to focus on one issue. Follow with a pre-talk. My fellow-hypnotists know what that is. I'll explain for the new-comers in short. The success of the session largely depends on how well you deliver the pre-talk. You need to explain to your client what hypnosis is and what to expect. You set expectations; you condition their mind. I have provided a sample of pre-talk in the following chapter.

With some practice, you'll learn to deliver the pre-talk in such a way that it will take your client into the trance before the hypnosis officially begins. When I'm working with my clients, I can resolve some of the issues during the pre-talk without having the client realize that they already been hypnotized.

Once you are done with the pre-talk, ask if your client needs water or to visit a restroom. Get your client comfortable. If the client wears glasses, ask if he or she would like to take them off. Some people like to take their shoes off. I cover my clients with a blanket even if it's not cold. It adds a sense of comfort and protection and helps to relax. Turn on whatever recording

devices you are using. Dim the light.

You can play soft music as a background. Be careful about the choice of music though.

You want to pick something neutral, so it doesn't accidentally affect your client's experience. For example, if you turn on shamanic drums, there is a chance that your client may have memories of being a Native Indian. Celtic music may lead your client to "travel" to Ireland. Japanese music may lead your client to remember himself as a samurai. It doesn't matter if those memories are real or it's just a product of imagination. The real problem is that your objective is to retrieve the memories related to the client's current issues. The purpose of having the music is to help your client relax and enter deeper levels of a hypnotic trance. You may turn off the music in time for questioning during hypnosis.

I have a standard set of questions in my script. You can improvise according to the situation. Talk in a calm manner; you don't want to startle your client.

If your client doesn't answer right away, wait a few moments and then ask again. There were times that I had to repeat the questions 3 – 4 times. Be patient. Your client is absorbed in the experience, he or she right now is in a very different reality.

If abreaction occurs, say calmly: "Take a deep breath and allow the experience to fade…" You may have to repeat it a few times.

Once the abreaction passes, you want to help your client relax a bit more and go deeper into a trance. This is one of my favorite deepeners: "In a moment, I'll count backward from 3 to one… Allow each number to take you even deeper… 3... going deeper now… 2… even deeper now… 1… sinking, drifting, going deeper and deeper… deeper than you've ever been before…"

And then continue with the script. You can use this deepener every time you notice that your client starts to reemerge from the trance.

Once you are done with the session, make sure to emerge your client

slowly from hypnosis. If you rush, it may cause your client to feel discomfort or even get a headache. Allow your clients to stay in the chair for a few more minutes to rest and reorient into the present. Don’t allow him or her to stand up right away. They may get dizzy. Offer some water and ask for feedback. Pay attention; every minor detail is a piece of a puzzle. Some clients like to take their own notes after the session. Don’t rush. Explain what to expect afterward.

Sample Pre-Talk

"I see that you trust that past life regression may help you resolve some issues. I'd like to talk a little about how this technique works.

Past life regression therapy is based on the theory of reincarnation. It is a belief that a soul survives death to be reborn again into a new body with a renewed opportunity to learn life's lessons. It does not matter whether a hypnotist or a client believe in reincarnation or not. This technique is widely used by even the most conservative and scientifically inclined therapists. Because it works regardless of our beliefs!

Why does it work? Hypnosis is used to access the subconscious mind. Memories are said to be stored from the beginning of time up until the present. The subconscious mind is not limited by boundaries of logic, time and space.
Past life regression is a therapeutic tool that is used to understand and heal current symptoms of physical, mental and emotional issues. In the past life regression therapy, as the mind heals the body, the body heals the mind. Sometimes it is simply a matter of discovering the past origins of the issue.

Past life regression is simply an exercise in observing the memories. And just like with any exercise, practice makes better. Every time you do that, you will be able to go deeper into the hypnotic trance and have more profound experiences. There is no right or wrong way to experience it. Many people can visualize in detail events that are taking place, while others may only have a glimpse of images passing through their mind. It is not necessary to actually "see" anything. We are all very different and perceive information in different ways. You may just get a feeling, thought, knowing, sensation, or sound.

Soon you will get an opportunity to work with your visualization and imagination. It is possible that you might go back many years or several lifetimes. You'll be able to scan the present life, too. You may gain

some spiritual insights and find ways to apply them in the present. Lessons from the past will come to your awareness and, when you observe a pattern of behavior, you will be able to find a way to resolve it.

The important learning involves your spiritual progress. The session will go beyond the creative visualization work. Your unconscious mind has had the information stored in symbols for a long time. Bringing those memories to conscious awareness is only the beginning of the process. You may deal with the concept of forgiveness - forgiving others and forgiving the self for any perceived or misperceived hurts. You'll be able to take deliberate action to make changes in your life. After today's session, you may realize that you have a lot of knowledge, understanding, insight, skills, strength, and support.

First, we'll start with some relaxation to make it easier for you to recall memories. I'll guide you with some suggestions for enjoying the process of relaxation. You are in control at every step of the way. I can't make you go into hypnosis but you can by using your imagination. Think of it as you are the driver, and I am your navigation system. So, all you have to do is follow my directions to your best ability.

This is a very safe and pleasant process. Just use your intelligence and imagination. Relax and allow your imagination to do its best job to get you started. At first, it may feel like a pretend, like a game. And it's absolutely fine. As soon as you allow yourself to relax deeply and surrender to your subconscious mind, you'll be able to have a more profound experience. Any questions?

Structuring Group Sessions

Running workshops can be fun and rewarding. It will put some immediate cash into your pocket and may result in more clients in the future! You can charge depending on the demand in your area $25 – $45 for a 2-hour workshop. Just imagine if you do it at home, there is almost no cost involved. You may want to spend a little money on drinks and snacks for your guests.

If your living room can accommodate just eight people, it can result in $200 - $360 of earnings in just two hours! If you want to do it on a bigger scale and get a space that is suitable for at least 50 people, do the math. Having a group of 50 people and charging just $25 will result in $1,250. Not bad at all for just a couple of hours of work.

Planning is the key. Running 2-hour workshops works out perfectly. I do a 30-minutes long presentation. You have enough material in this book to design a very good presentation. You can just print out some pages from this book and read them in your workshop and have a great presentation. Print out the script you choose to use. You can put all pages into laminating sleeves and organize them in a pretty folder. Practice. Practice a lot. Practice with your family, and when they can't take it anymore, practice with your cat, and when the cat runs away, practice with an empty chair. You can record yourself on your smartphone and listen with headphones whenever you can. Your material will get ingrained into your mind very fast. There is nothing wrong with reading, but you will be a lot more effective when you don't have to read, and you will look more professional too.

You can design a themed past life regression workshop. Focusing on specific issues like health, spiritual growth, uncovering special talents and abilities, or meeting a soulmate. You can offer a program of a few workshops addressing all of the issues of your choice.

The things you will need for sure:

- ✓ Your business cards.
- ✓ Your promotional materials (calendar with future events; invitations to join your social media or Meetup group; coupons and special offers).
- ✓ Clipboard for everyone to write their name and email address (if you offer some incentives, people will be more inclined to share their email. I offer a short relaxation recording in MP3 format).

Things that you may need:

- ✓ Microphone (depending on the size of the space. You can find one that is very affordable online. I prefer a microphone with a headset and a speaker that hooks to a belt, so my hands are free, and I am free to move around the room)
- ✓

Things that are nice to have:

- ✓ Music (soft and neutral).
- ✓ A few boxes of tissues (you will have some criers).
- ✓ A pack of small bottles of water (make people feel taken care of).
- ✓ A reliable assistant to help you out (to open and lock the doors when someone arrives late; switch lights on and off; turn music on; handle the registration).
- ✓ A small gift to take home to remind people about you (a printed card with a positive quote or some tips; a bookmark with your business information; chakra chart for meditation)

Start the workshop by greeting everyone. Show appreciation for everyone that made time to join you. Then introduce yourself, tell who you are and what you do and why you do what you do. Tell your story. Show that you are a human too.

And then do a quick sales pitch. You can make a one-time special offer. For example: “I have a new event coming up……. I’d love you to attend. If you sign up today, it’s only $... vs. regular price…” Or you can offer a special price for an individual session. This is your chance to get more clients! You can pass around your cards and other marketing materials. Don’t wait for it until the end.

At this point, I guide the group through a simple grounding exercise to help them to settle down and relax. The script I share here is suitable for working one-on-one or in a group session.

You will find the script right after this chapter. Can be used before and/or after practices like a shamanic journey and astral traveling.

After the grounding meditation, you can deliver the theory about past life regression and the pre-talk. You can use the pre-talk from the previous chapter. Hopefully, by that time you’ve already experienced past life regression yourself and practiced with other people. Share your stories. Leave out the real names, if you are telling about other people’s experiences. Allow people to ask questions. Once you have finished, offer people to get up and stretch out, get a drink, maybe visit a restroom.

Once everyone has settled in, dim the light, and turn the music on. Deliver the script. When you ask questions, make a brief pause between questions to allow enough time for the answer to come.

People will be answering in their mind, not aloud like during individual session (make sure to explain that during your presentation). Guide the group to explore only one past-life at a time. Ask people to share their experience once you reemerged the group. Address the challenges that some people may

have had. Instruct how to overcome them.

Repeat the process. I usually guide my group through an exploration of three past-lives. With little breaks for sharing the experiences and discussion of challenges. I like to add a little twist to the last “trip.” After I finish with a past-life, I bring the group back to the present time and then guide them to the future. For our subconscious mind, there is no difference between past and future. Most of the people can take a peek into their future and even receive important messages.

Things to consider:

- Focus on educating about the benefits of past life regression therapy.
- A group session is a chance for many people to try out past life regression and decide if this may be beneficial to them.
- For some people, it may be the only chance to explore their past lives, so make it count!
- A group session is exploration; you are not providing therapy like you would when working one-on-one. Although, you do want to add general suggestions for the whole group to release the negativity, pain, fears, and so on.
- If someone starts crying, walk up and put your hand on their shoulder and say: “Take a deep breath and allow the experience to fade away.” Repeat if necessary. Rest of the group will experience it as a part of the process.
- Some people may fall asleep, walk up and hold their hand gently. It’s usually enough to wake them up. Once they open their eyes, put your hand on the shoulder and say: “relax and go deeper now…” For the rest of the group, it will sound organically like a part of your script.

- Some people may snore. It does not necessarily mean that they are asleep. People often snore in the state of deep relaxation. Walk up to the person, gently put your hand on their shoulder and say: “As you sit up straight, you will notice that the breathing becomes easier… and that helps you to relax even deeper…” Again, for the rest of the group, it will sound organic.

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⎫ Grounding Meditation

I'm going to guide you through very quick but effective grounding practice.

What is grounding and why it is so important?

Grounding is the connection to the Earth.

If our connection to the Mother Earth is weak, it may manifest in many negative ways.

We may feel tired and lack of energy. We may feel emotionally unstable.

Our physical health may suffer. We can't focus, our mind may be scattered.

Even our ability to earn money may be negatively affected if we are not grounded. That is why it is so important to ground yourself.

Especially, when you don't feel well, upset, exhausted.
So, please relax now and allow me to guide you through this quick meditation, and instantly you will feel better in so many ways.

And you can repeat this practice anytime anywhere. It takes only a few minutes.

Get yourself comfortable. Sit up straight.

Your feet flat on the floor.

Just relax and take a nice deep breath in and breathe it out slowly.

You may keep your eyes open, but most likely your eyes will want to close on their own. Because it feels nice. It is so nice to relax them.

Take another deep breath into your stomach and hold it for a moment. And now exhale slowly. Even just a simple practice of focusing on your breath

can help you to relax deeply.

And now I'd like you to imagine that you are a tree. A big, tall, strong, beautiful tree. And your legs and feet are your roots. And these roots are growing deep into the ground.
They are spreading deeper and deeper into the very center of the Earth.

And that is how you can connect strongly with the Mother Earth.

And you can release all your worries and aches into the Earth.

Just breathe them out through your roots. And the Earth will take it and recycle and turn into something very beautiful.

And as you inhale, you can breathe in the good stuff that Mother Earth has to offer.

Breathe out all your fears and worries.

Breathe in confidence. Breathe out the pain.

Breathe in strength. Breathe out tiredness.

Breathe in this beautiful fresh energy.

Breathe out all that doesn’t serve you anymore.

Breathe in all this juicy goodness from the Earth.
Breathe out all that old luggage you've been dragging around.

Breathe in freedom and new possibilities.

Feeling better and better with each and every breath.

Feeling stronger, feeling more confident.

Feeling energized and refreshed.

And as good as it may feel now, know that it will only get better.

With each breath, each heartbeat, you will feel even stronger, even more

confident, more positive and optimistic.

Ready to do whatever you need or want to do.

Feeling limitless, feeling in charge.

And take another deep breath now, coming back into the present moment.

When you are ready, you can open your eyes, feeling amazing.

Script #1 Past Life Regression

Get yourself comfortable so you can relax easily. If you need to stand up and stretch for a moment before we start, it's fine…

Please pick a spot on the ceiling to stare at. It doesn't matter what it is, whatever strikes your fancy, just something you can stare at... Keep staring at that spot while I'm talking. Take a long deep breath… Exhale slowly. That's good… And as you breathe normally, just become aware of the rhythm of your breathing…

Prepare to enter a level of relaxation that is just right for you at this time. Your eyes are probably getting tired, fatigued by now. Just think about how good it would feel to let them close.

And as your eyelids are getting heavier and heavier, just allow them to close on their own and allow them to just relax.
And send this nice feeling of relaxation through the entire body… all the way down to the tips of your toes…

As you rest there, become aware that you are beginning to experience a sense of comfort, calmness, and inner peace… Become aware of this chair supporting your body. It is just right for our purpose today… Become aware of the temperature of the room… It is just right for this experience, and it can help you to relax even more…

This is a process of following some simple instructions, your mind and body already know what to do… Just listen to the sound of my voice, and know that the sound of my voice can always help you to go even deeper…

You'll hear other sounds, whether it's the cars outside, voices, or movements…

None of these sounds will matter. In fact, you'll find that any sound you will

hear will help you relax even more… as though they were specifically created to be part of this hypnotic experience.

Imagine a ray of pure light coming from above and entering your body through your head… and notice how it relaxes you even more as it travels through your body…

Notice that pleasant feeling of relaxation is moving through your facial muscles now… And it spreads to the neck and throat… to the shoulders, arms, hands, and fingers…

Enjoy that feeling of deep relaxation and let your jaw unclench and drop a little… Notice now how your muscles got loose and limp… Completely relaxed now… loose and limp… just like a wet towel…

Feel this wave of relaxation moving through your chest… and the chest relaxes completely now…

And the relaxation flows along the spine, relaxing all the areas as it moves along… Let the relaxation spread to the hips, legs, and feet… all the way, to the tips of your toes… That's great. You are doing wonderfully.

You are much more relaxed now… In a moment, I'll count from ten to one, and with each descending number, you will relax deeper and deeper… With each and every number I count, you will go deeper and deeper…

By the time I reach number one, you will reach a level of relaxation which is just right for you at this time…

Perhaps, it will be the deepest level of relaxation you've ever reached… Just know that the deeper you go, the better you'll feel… The better you'll feel, the deeper you can go…

Begin counting downward now. 10… going deeper now… 9… even deeper now… 8,
becoming so very relaxed… 7, getting more and more relaxed with each and

every number… 6, sinking, drifting deeper and deeper… 5… going even deeper now... 4, every muscle, every joint, every fiber of your body is so very relaxed… 3, 2, and 1… Just let it go completely now…

Going even deeper now… sinking... drifting… deeper and deeper… deeper than you've ever been before…

As you continue to relax, you will be traveling back to a previous lifetime to gain a greater understanding of an important event, relationship or a core issue that is affecting you right now…

Stored deeply in your unconscious mind are memories of other times and other places… You can retrieve those memories…

At this time, you will be able to gain access to the record of your soul's journey… By looking deeply into your subconscious mind, you can see, hear, feel, and sense - perceive in the way that is the best for you…
You will feel completely relaxed and at peace knowing that your mind is no longer limited by time and space… You will be able to remember events, people, and places in vivid details and colors...

Your subconscious mind knows where to go and what memories to uncover… Your subconscious mind knows exactly what to do… whether you will be able to step inside of your past-life experience safely, or if it would be more comfortable to be an observer and watch from above… Your mind will know exactly what to do.

Let us begin now… Allow your mind and body to relax even deeper as you visualize or imagine a beautiful and very safe time tunnel…

I will be counting from 20 backward down to 0. With each count, the mind and body allow you to drift even deeper and enter the deepest level of hypnotic trance by the time I reach 0.
You will be drifting back through time and space of your current life.
You may have thoughts, memories, and images of happy times in this life… Perhaps a birthday, a holiday, a special occasion.

You will travel back from an adult to a teenager, to a young child, to a baby, and then back through the womb into your spirit surrounded by a beautiful white light…

Be aware of everything you see, hear and feel. These are very comfortable experiences… You will allow your mind to regress into the lifetime that will have the most valuable information for your life today…

Starting with a count of 20… going deeper now... Feeling very safe and comfortable as you go back through time and space… 19-18-17-16… getting younger with 14-13-12… going back through years of your life… 11-10-9-8…

Noticing images of childhood and going deeper still… 7-6-5-4... and now… 3 - all the way down… 2 - very young… 1 - going back into your mother's womb… and now 0.

You are now soul energy… step into the universal light and let it surround you. Allow your energy to float around this pure brilliant white light.

Feeling free of your physical body… let yourself relax and enjoy the experience… be at peace. Feel love and joy…

I will use the count from 3 down to 1. You will feel your spirit being drawn back down to Earth and enter a time in which you may have lived…

Coming back down to Earth starting with the count from 3… slowly, calmly, feel, see, sense yourself being drawn to Earth. 2… coming all the way down to Earth and taking a deep breath in now… and 1… step down to Earth into a previous life.

Look down at your feet, trust the impressions that you receive. If necessary, use your creative imagination to get the process started. Just allow the story to unfold.
What do you see?

Are you barefoot or wearing shoes?

What are you feeling?

Are you inside the body or you are watching as an observer?

Scan your body. What are you wearing?

Are you male or female?

Take a look at your surroundings. Where are you? Inside or outside? What part of the world are you in?

What time era is it? What date is it? Scan the surroundings for clues.

Are you alone or with somebody? Who are they?

Do you have a family? Are you married?
Do you have children? Are they with you?

What do you do for a living? Do you like your job?
Feel free to explore your environment.

Now go to a significant moment of this lifetime that will help you find the answers you are seeking.

What is happening?

What do you see?

Go forward to a day before the death transition.

What do you see – hear – feel?

As I count from 3 to 1, you will now move forward to the death experience of this life-time. You may stay inside of the body, or you can safely watch from above as an observer. Counting down now… 3 – 2 – 1…

Enter the time of death. At all time, feeling calm, safe and secure.

What do you see – hear – feel?

What's happening?
What did you die from?

How do you feel?

Did you have any unfinished business?

Do you have any regrets?

Now it is time to move out of the death
transition and allow your energy to float back to the universal light safely and calmly...

You will be able to take all the important memories of this life with you… Releasing yourself from this body and this lifetime… you begin to feel yourself floating upward now… You are now soul energy… Step into the universal light and let it surround you.

Allow your energy to float around this pure brilliant white light. Feeling free of your physical body… let yourself relax and enjoy the experience… be at peace. Feel love and joy...

From this higher perspective, you can assess that lifetime.
What was the most significant message that you learned from your past-life?

How can this help you in the present life?

What are the most significant relationships you have discovered?

If you need to let go of somebody or something, it is the right time for it. This is the perfect time for closure. It will change the way you feel. It will set you free from the entanglement.

The other person makes his or her own decisions. Right now, you are working only with your own part. If you are ready to do so, give the person your forgiveness or say whatever you need to say…

Once you finish, release this person, and let him or her fade away and

disappear.

Allow any pain or negativity from your past-life and beyond to be released into the universal light where it will be resolved completely now.
This light will wash away all the pain, trauma, sadness, and negativity… Just allow the full healing to happen…

While you are here in this infinity… where you are not bound by time or space…. think of the

question you'd like to ask…

Now, pay attention. The answer will come to you. It may come in any unexpected form… as an image, as a symbol… a sound… or just a sense of knowing...

Perhaps, the answer will be delivered by a special someone that you may know or don't know…

Perhaps, a special someone that you had to say goodbye to a long time ago… the answer may come with an angel or a spirit guide…

Don't analyze it because logic doesn't apply here… This is a place where anything is possible… just open yourself to this experience.

I'll give a few quiet moments to go through this process and receive the message.

Now you are ready for the journey back to the current life. You may bring back with you anything that may be helpful and beneficial: a gem of wisdom to guide you as you continue with life's journey…

As I count from 1 to 3, you will move slowly and calmly through the current life back to the present moment. 1… going through your childhood… 2 getting older… 3… back to the present time…

You may find that as a result of this incredible journey, your general, long-term and short-term memory has improved drastically. You will notice that

you can recall what happened many years ago, just as easily as the details of what happened yesterday.

You may find that with gained wisdom you have a better understanding of who you really are…
You will now recognize easily life's patterns and will be able to draw the lessons and make the needed changes… and I don't know whether you'll start noticing the positive changes in your life right away or if it will take a little time to unfold. In a moment, with a count from one to five, you may reorient yourself completely to the present time and the present day.

At the count of five, you will be refreshed and feeling great. Counting now:

1- Stepping firmly into the present.

2 - Remembering all that you have learned on this journey and realizing that you have done amazingly well.

3 - Feeling completely re-energized and revitalized, as though you've just spent a day on a beach.

4 - Feeling content and happy, and so much better in each and every way.
5 – At your own pace, you may open your eyes, feeling amazing!

Welcome Back.

Script # 2 Going to the Past and Future

Get yourself comfortable so you can relax easily. If you need to stand up and stretch for a moment before we start, it's fine.

Sit up straight, feet flat on the floor, rest your hands on your lap. Please pick a spot on the ceiling to stare at. It doesn't matter what it is, whatever strikes your fancy, just something you can stare at. Keep staring at that spot while I'm talking.

Take a long deep breath. Exhale slowly. That's good… and as you breathe normally, just become aware of the rhythm of your breathing.

Prepare to enter the level of relaxation which is right for you at this time. When you relax the physical body… the electrical activity of the brain reaches the alpha level; the creative mind can be very alert.

It is like the period between sleep and awakening when dreams are quite vivid. It is a creative time. When you relax the physical body and keep the mental body alert, you're quieting the analytical factor of your mind and allowing the creative factor to function at its best.

Keep focusing on your breathing. And if you need to adjust your body to make yourself more comfortable, it's fine. And it's okay to move or scratch if you need to.

Your eyes are probably getting tired, fatigued by now. Just think about how good it would feel just to let them close…

And as your eyelids are getting heavier and heavier, just allow them to close on their own and let them relax… And notice that just the act of closing your eyes helps you relax immediately…

Take another deep breath… and as you exhale allow all the tension to leave your body. That's good… and as you breathe normally, just become more aware of the rhythm of your breathing.

Become aware of your hands as they rest comfortably on your lap. As you rest there, become aware that you are beginning to experience a sense of comfort, calmness, and inner peace.

Become aware of this chair supporting your body. It is just right for our purpose today…

Become aware of the temperature of the room. It is just right for this experience, and it can help you to relax even more...

Now bring your attention to your eyelids and notice how they are beginning to relax even deeper.

Allow that relaxation to increase… as you are becoming more and more relaxed… If at any time you sense some movement in your eyelids, you will know that it is called Rapid Eye Movement… and it is a natural part of this experience… It is similar to the state of dreaming…
Now, really relax all those muscles around your eyes. Use all your intelligence and imagine, visualize, pretend, feel yourself relaxing your eyelids all the way down to the point that they just won't work…

Of course, you know that you can open your eyes at any time… but really imagine that they are just stuck together like there were glued and shut together with some clamping device…

And imagine now… as you try to open your eyes, they close even tighter. Try to open, and they just relax even more… you try to open, and they just get shut even tighter…

And when you know you got them completely relaxed, go ahead and test them that they just won't work…

And you can stop testing now… and send that awareness all the way down to the tips of your toes in a comfortable wave of deep relaxation… You are doing wonderfully.
This is a process of following some simple instructions, your mind and body

already know what to do.

In a moment, I'm going to ask you to open your eyes and look at this spot on the ceiling very briefly and then close them again. When you close them, notice how you can allow yourself to relax perhaps as much as ten times deeper.

Let your eyes open, look at that spot and close them…. And allow yourself to relax as much as ten times maybe even twenty times deeper. Good…

We'll do that a few more times. On the next one, notice how you can double the awareness of that chair supporting your body.

Let your eyes open, look at that spot and close them. Good, double that relaxation, so you can feel twice as relaxed, twice as comfortable, and twice as confident in your abilities.

Let's do that one more time. On the next one, notice how you can just let go. Let your eyes open and close them all the way down. Go much deeper now. All the way down… Good. You are all doing great.

Just listen to the sound of my voice and know that the sound of my voice can always help you to go deeper relaxed.

You'll hear other sounds, whether it's cars outside, voices, or movements… None of these sounds will matter. In fact, you'll find that any sound you will hear will help you to go even

deeper into that beautiful state of deep… deep relaxation.

Now, let's help your body to relax even
more. Notice a ray of pure energy coming from above and entering your body through your head… and notice how it relaxes you even more as it travels through your body.

Notice that pleasant feeling of relaxation moving through your facial muscles… and it spreads to the neck and throat, to the shoulders, arms,

hands, and fingers...
Enjoy that feeling of deep relaxation and let your jaws unclench and drop a little bit… Notice now how your muscles got so loose and limp… completely relaxed now… loose… and limp just like a wet towel...

Let your head drop now towards your chin… and notice how it can help your entire body to relax even more...

Feel this wave of relaxation moving through your chest… the chest relaxes completely now… And the relaxation flows along the spine, relaxing all areas as it moves along…

Let the relaxation spread to the hips, legs, and feet… all the way to the tips of your toes… That's great. You are all doing wonderfully.

Once again, focus on your breathing. Each breath is a gift – a gift of life. Feel how every breath you take help you relax even more…

Notice how every exhale takes you even deeper into this wonderful place of a deep hypnotic trance.
Notice how the sense of comfort, calm and peace is steadily increasing within you. Feeling calm, light, and so peaceful.

For the purpose of hypnosis, I may use the word SLEEP. It doesn't mean that you will really fall asleep.
Instead, you will enter deep hypnotic trance so you can freely go onto this wonderful journey through time and space… through your lifetimes…

You may feel that your body is asleep, but your mind is alert. At all time, you will be aware of all that is happening… you will remain sitting safely in your chairs… and at all time you will be aware of my voice no matter how deep and how far you will go now…

You will always hear my voice and know that it will guide you smoothly through your time traveling… The most important thing now is
your own inner reality.

You are much more relaxed now… In a moment, I'll count rapidly from ten to one and with each descending number, you will relax deeper and deeper…

With each and every number I count, you will go deeper and deeper… By the time I'll reach number one, you will reach the level of relaxation which is just right for you at this time.

Perhaps, it will be the deepest level of relaxation you've ever reached. Just know that the deeper you go, the better you feel… the better you feel, the deeper you go.

Beginning counting downward now. 10… going deeper now... 9... even deeper now… 8, 7, 6… with each and every number going deeper and deeper, 5… deeper yet…with each breath going even deeper, 4, 3, 2, and 1 SLEEP…

Going even deeper now… sinking… drifting… deeper and deeper… Deeper yet… deeper than you've ever been before…
As you continue to relax… you will be traveling back to your previous lifetime to gain a greater understanding of an important event, relationship or a core issue that is affecting you right now.

Stored deeply in your unconscious mind are memories of other times and other places. You can retrieve those memories now…

By looking deeply into your subconscious mind, you can see, hear, feel, and sense - perceive in the way that is the best for you. You will notice how easily you can retrieve your memories.

You will feel completely relaxed and at peace knowing that your mind is no longer limited by time or space. You will be able to remember events, people, and places in vivid details and colors.

Your subconscious mind knows where to go and what memories to uncover.

Your subconscious mind knows whether you will be able to safely step inside of your past-life, or if it would be more comfortable to be an observer and

watch from the above.
Your mind will know what to do.

Let us begin now… Allow your mind and body to relax even deeper as you visualize or imagine a beautiful and very safe time tunnel.

I will be counting from 20 backward down to 0. With each count, the mind and body allow you to drift even deeper and enter the deepest level of hypnotic trance by the time I reach zero.

You will be drifting back through time and space of your current life. You may have thoughts, memories, and images of happy times. Perhaps a birthday, a holiday, a special occasion.

You will travel back from an adult to a teenager… to a young child… to a baby… and
then back through the womb into your spirit surrounded by a beautiful white light.

Be aware of everything you see, hear and feel. These are very comfortable experiences.

You will allow your mind to regress into the lifetime that will have the most valuable information for your life today.

Starting with a count of 20… going deeper now… Feeling very safe and comfortable as you go back through time and space… 19-18-17-16… getting younger with 14-13-12… going back through years of your life… 11-10-9-8… Noticing images of your childhood and going deeper still… 7-6-5-4… and now… 3 all the way down… 2 very young… 1 going back into your mother's womb… and now 0.

You are now soul energy… step into the universal light and let it surround you. Allow
your energy to float around this pure brilliant white light.

Feeling free of your physical body… let yourself relax and enjoy the experience… be at peace. Feel love and joy.

I will use the count from 3 to 1. You will slowly feel your spirit drawn back down to Earth and enter the time in which you may have lived.

Coming back down to Earth starting with the count from 3… slowly, calmly, feel, see, sense yourself drawn to Earth. 2… coming all the way down to Earth and taking a deep breath in now, and 1… step down to Earth into a previous life. Look down at your feet… trust the impressions that you receive. If necessary, use your creative imagination to get the process started… and now just allow the story to unfold.

What do you see? Are you barefoot or wearing shoes?

What are you feeling?

Are you inside the body are you watching as an observer?

Scan your body. What are you wearing?

Are you male or female?
How old are you?

Take a look at your surroundings. Where are you? Inside or outside? What part of the world are you in?

What time era is it? What date is it? Scan the surroundings for clues.

Are you alone or with somebody? Who are they?

Do you have a family? Are you married? Do you have children? Are they with you?

What do you do for a living? Do you like your job?

Are you happy?

Feel free to explore your environment.

Now go to a significant moment that will help you to find the answers you

are looking for.

What is happening? What do you see?

Go forward to a day before the death transition… What do you see – hear – feel?

As I count from 3 to 1, you will now move forward to the death experience of this lifetime. You may stay inside of the body, or you can safely watch from above as an observer. Always, feeling safe and secure, staying calm.

Counting down now… 3 – 2 – 1 Enter the time of death…

What do you see?

What do you hear?

What do you feel?

What's happening?

What did you die from?

How do you feel?

Did you have any unfinished business?

Did you have any regrets?
Now it is time to move out of the death transition and allow your energy to float back to the universal light safely and calmly…

You will be able to take all the important memories of this life with you. Releasing yourself from this body and this lifetime… you begin to feel yourself floating upward now…

You are now soul energy… Step into the universal light and let it surround you. Allow your energy to float around this pure brilliant white light. Feeling free of your physical body… let yourself relax and enjoy the experience… be at peace. Feel love and joy.

Once you finish, release this person, and let him or her fade away.

Allow any pain or negativity from your past-life and beyond to be released into the universal light where it will be resolved.

Full healing is taking place now… You will bring back only positive lessons learned.
While you are here in this infinity… where you are not bound by time or space… think of a question you'd like to ask…

Now, pay attention. The answer will come to you. It may come in any unexpected form… as an image, as a symbol… a sound… or just a knowing…

Perhaps, the answer will be delivered by a special someone that you may know or don't know…

Perhaps, a special someone that you had to say goodbye to a long time ago… the answer may come with an angel or a spirit guide…

Don't analyze it because logic doesn't apply here… This is a place where anything is possible… just open yourself to this experience.

I'll give a few quiet moments to go through
this process…

Now you are ready for the journey back to the current life. You may bring back with you anything that may be helpful and beneficial: a gem of wisdom to guide you as you continue with life's journey.

You may bring back the information you have chosen. Slowly, come back through the years into what we call present life… but we are not done yet.

As you understand now that there are no limits to where you can go and what you can experience. You can journey to the past, and just as easily, you can journey to the future. It makes no difference, as time is not linear. It is all happening at the same time.

As I count 1 to 3, you will move slowly and calmly through the current life passing the present moment and moving into a significant moment in the future.

I don't know what that would be… but your
subconscious mind knows where to take you… it may be a year from now… or five years from now… or ten… or even twenty years from now…

Start counting now from 1… moving calmly and comfortably through time into the future… 2… feeling time pull you towards that significant moment… 3… enter the future...

step down on Earth… look at your feet…

What do you see?

Where are you?

Are you alone or with somebody?

What is it you needed to know?

Scan the surroundings for clues. Possibly, you'll see a sign, a symbol… possibly, there is someone that wants to give you a message… possibly, you are there just a sneak peek of what your life will look like…

I'll count again from 3 to 1, by the count of 1, you will find yourself in your future home. 3… take a nice breath in and as you exhale, relax a little deeper… 2… imagine, feel, see yourself moving through space… 1… be there now.

Look around. Notice all the details. There is a table in that room. Once you look there, you'll notice a big book on that table. It is a book of life. Walk to that table and open the book.

Flip a few pages. You may see the snapshots of your past, your present, and your future. You may see familiar faces.

The faces of your friends and family members… Images of important events… Happy moments, graduations, birthday parties, weddings…

There is a note in that book someone. Flip the pages and find it. That is something of big importance. The message that may inspire you, may give you the support and guidance that you need right now. Possibly, this note holds the answer that you need. Once you find that note, read it. You will be able to remember this message clearly.

Now, look around the room again… There is a mirror. Walk closer to that mirror. Look at the reflection of the future self.

This person has acquired so much knowledge and wisdom through life… and this person wants to share some of it with you, wants to tell you something… something that may help you to change your life for the better… something that may inspire you to do the thing you really love and enjoy… something that may help you to make the right choices…

I'll give a few moments to receive that message…

And now it is time to go back to the present… bringing with you the inspirations, the knowledge, the little parts of yourself that you have just discovered on your journey to the past and the future.

You may find that with the gained wisdom you have a much better understanding of who you really are.

And as you start to understand yourself better, you will be able to recognize all your strengths… you will be able to uncover all your talents… you will be able to understand better all your true desires… and when you know what you really want, it is so easy to set the goals and achieve them.

And as a pleasant bonus, any hypnotic journey brings, you will notice how much better in each and every way you feel now… how much your mood has

improved… how much more positive and optimistic you have become…

And know now that no matter how good you may feel right now, with each and every day, you will feel even better… much… much better.

In a moment, I will start counting from one to ten, and as I count, you will reorient yourself completely to the present time and this reality.

At the count of ten, you will be back, feeling refreshed…

Counting now:

1 - Stepping firmly into the present.

2 - Feeling complete normalization of all physical, mental, and emotional functions.

3 - Feeling totally and completely rejuvenated.

4 - You may wish to move your hands, neck, or feet.

5 – Remembering all that you have learned on this journey.

6 - Realizing that you have done amazingly well.

7 - Feeling confident in your abilities to do whatever you have to do.
8 - Completely reenergized and revitalized.

9 – Feeling content and happy.

10 – At your own pace, you may open your eyes. Feeling amazing!

Welcome Back.

Energetic Cleansing & Protection

Whether you are a therapist and seeing clients in your office or you are at home doing self-healing, it is always a good idea to prepare your space before the session. We become especially vulnerable to foreign energies while in the alternate states of mind.

For a quick cleanse, you can just light a candle and burn some incense. You can lightly sprinkle some saltwater over yourself and in the air around you. I carry with me a small spray bottle filled with saltwater. I usually mix in a few drops of essential oils. Rosemary, mint, sage, and eucalyptus are antibacterial and great for energetic protection. Lavender, rose, cinnamon and patchouli are great for drawing positive energies.

All citrus oils are uplifting and energizing. You can also use holy water from your church. I carry this bottle in my purse everywhere I go. It’s especially useful when I work with sick people. I spray it over myself and around the office before and after the session. Try using it after unpleasant interactions or when you are in a gloomy mood. You will instantly feel much better.

We all like to have our home clean and neat but rarely think about energetic "cleanliness." If your home often acts as a stage for arguments and fights, gives you uneasy feelings, if your loved ones and friends don't seem to want visit or stay for long at your house, it may be a good idea to cleanse your home. Your home will instantly feel fresh, light, and harmonized.

Same goes for your workplace. If you do not feel comfortable there, the employees can't seem to get along, and clients rush to leave the place of your business, it may indicate the presence of negative energies and entities.

If you’ve been sick, depressed, if arguments and fights took place in your home, negative vibrations may linger for a long time. Salt can help you

to clear them away. Salt is the strongest neutralizer. Simply sprinkle it all over your home, furniture, and floor. You can sweep or vacuum a couple of hours later or, even better, the next day.

Sound waves have the ability to break the stagnant energetic patterns. That is why singing feels so good. Sing away, and your home will be a much happier place. Metal or crystal bells can help you to clear your space too. You have probably noticed that bells are often used as an opening of rituals and ceremonies.

For heavy-duty energetic clearing, you will need an old metal pot or skillet, a pound of salt, and a cup of rubbing alcohol. This method is strong enough to chase away entities from the lower astral plane. It is often used in conjunction with other methods during the exorcism.

Pour the salt and alcohol into your metal dish. Place it in the middle of your room onto safe fire protectant material. Burn the salt. The flame will open an energetic portal, and the salt will neutralize all the negative energies. While the salt is burning, smudge your space with sage. You can walk in perimeter counterclockwise around your entire space with sage. Have a clear intent to cleanse your home from everything that doesn't belong there, all the negativity and unwanted "visitors." Vocalize your intent. You can make up a chant or just say out loud: "Clearing away all that doesn't belong here. Chasing away all the uninvited guests, all the earthbound spirits, all the entities… Clearing away all the negativity, bad luck… all the troubles…all the difficulties…"

Follow your intuition. Don't be afraid to get loud and use some stronger words to get your message across. This is your space, so take charge and show who is the boss.

Make sure to open your cabinets and closets. Those entities like to occupy dark places. They like to lurk in the piles of stuff that are not usually disturbed.

Some entities like to get attached to physical items. I hope it's a good

enough reason for you to throw away unneeded items and keep your home tidy.

Once the salt is completely burnt out, you want to close and protect your space. Smudge again, only clockwise this time. Imagine that you are building protective walls around your home, and these walls will repel all the negativity and the unwanted visitors, both dead or alive.

If you don't have sage, use any incense you have. You can also burn dry bay leaves or
rosemary from your pantry.

You can also make a smudge stick from whatever is available in your garden: mint, lavender, chamomile, thyme, lemon balm, raspberry leaves, even pine branches.

Your home will smell nice after the smudging. Smudging helps to clear away negative energies and raise the vibrations, also kills airborne bacteria and viruses.

To make your own smudging sticks, bunch up small branches, stems with flowers and leaves, and tie them with cotton twine. Leave the twine ends long enough to make a loop for hanging. If you want, you can attach a small label with the ingredients and the date you've made them. Hang to dry in a well-ventilated place away from the sun.

Bonus tip: if you'll display your smudge sticks in a visible area, your visitors will most likely be on their best behavior.

One smudge stick along with some witchcraft paraphernalia hung over your front door will keep away pesky Jehovah's Witnesses.

I know, as a therapist, you may worry about scaring away the clients that may be prejudiced
against anything related to New Age, magic and witchcraft. Stop! I can assure you that these people will not be inquiring about past life regression

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Black salt is also often used for energetic cleansing and protection. You can purchase it in spiritual shops or order online or make your own. You can

simply mix sea salt or regular table salt with finely crushed charcoal. To crush charcoal, wrap it in some thick fabric and smush a few times with a hammer.

I make my black salt the way women in my family have done through many generations. Mix sea salt, crushed grains, sage, mint, and rosemary in a metal cookie sheet and bake it until turns dark. It is edible and is believed to have medicinal properties. Food prepared with the black salt stays fresh for a very long time. People that consume it rarely get sick. For protection, black salt is traditionally sprinkled around the house, under the rug by the front door, and in the window frames. It is often used in spiritual work and healing. Sprinkle just a little into your bath, you will feel like the world has been lifted off your shoulders.
This salt also can be added into mojo bags for protection.

From the ancient times, Slavic Pagans made dolls from fabric and yarn and filled them with mixtures of black salt, dry herbs, and seeds. These dolls are used for protecting homes, all the family members, crops, farm animals, and pets.

You can create your own protection dolls. It would make a great craft project for you and your kids. As you are making the dolls, charge them with your energy, infuse with your intent. You can say a prayer or chant over it to activate. Vocalize why you are making this doll, what its purpose. Fill the doll with the things that represent protection for you.

Good herbs to use: rosemary, sage, mint, eucalyptus, bay leaf, and pine. You can add spices like black and red pepper, cloves, and dry yellow or black mustard. Grains, sesame seeds, poppy seeds, nutmeg, and cinnamon will help you to attract abundance. Rosebuds, lavender, vanilla, and honeysuckle will help you to attract love.

Saint Benedict Medal

You can wear or use for protecting your space the Saint Benedict Medal. It is a Christian sacramental medal containing symbols and text related to Saint Benedict of Nursia, used by Roman Catholics, as well as Anglicans, Lutherans, Methodists, and the Western Orthodox. Saint Benedict medals are used in many ways for protection against evil. It is one of the most powerful weapons in spiritual combat. It protects from earthbound souls and other astral entities. Often used in exorcism. Can be buried in the foundation of your house, can be attached to rosaries or hung on the wall in your home.

These medals are usually blessed by a priest. You can activate its powers on your own by sprinkling some holy water and reading a prayer over it.

One of the easiest ways to recognize a spirit attachment or possession is to hold close the Saint Benedict medal or crucifix. It is not necessary for the person to be aware of what's going on or even see the medal or crucifix.

I usually slip my Saint Benedict crucifix under the chair where my clients sit. Pay attention to the way the person reacts. There are maybe subtle changes in the facial expression, the person may start to feel uneasy, even may try to leave.

Divine Help

Depending on your belief system, you may want to call on angels or guardians to protect you while you are in a very open and vulnerable state during regression. They can also assist in your healing process.

If you don't have any experience or knowledge of these entities, you can call in Archangels. They are non-denomination celestial beings. Very safe and friendly. They

are very compassionate and have unconditional love for humans. All you need is to call their name in your mind or out loud. Commonly called Archangels during healing: Michael, Raphael, Gabriel, and Uriel. Archangel Michael is a protector. He is the warrior and the defender. Archangel Rafael is the healer.

The name Raphael, literally means, "It is God who heals." He is the doctor of the Universe. Archangel Gabriel is "The Messenger of God." He helps us to connect to the Universal intelligence to receive inspirations and ideas. His energy is very uplifting. Archangel Uriel is the angel of wisdom and light. His light will shine your way out of your darkest moments. One of his abilities is to transmute negative energies into positive.

You can always call upon your own guardian angels to assist you. Some people have one, some people have more. Some astrologers and numerologists believe that if you have number 7 in your birth date, you have more than one guardian. More helpers mean that in this lifetime you have a mission that requires teamwork. More angels also mean that you are gifted with more talents. If you want their help, you need to ask for it!

They cannot intervene unless you ask because of the Law of Free Will. Learn to communicate with them.

Make it a daily practice. Some people find it easier to communicate with

angels if they have some physical representation such as an angel statuette or a picture to refer to.

They are always there for you but consider them unemployed unless you give them a job. Just be careful what you ask for. Like in this story, a man is complaining, “I am sick and tired. I have no job, no money, no family…” His angel is taking notes and remarks, “This man has some twisted desires…”

Meditation for Protection

Suggestions: this meditation is suitable for personal use, working one-on-one or in a group setting. You may play some music or drums as a background. The incense of myrrh and frankincense will suit well this meditation.

Script:

I'm going to guide through a very quick but very effective meditation. It will help you to expand and strengthen your aura and create a protective shield around you.

This shield will keep away all the negativity and it will help you to feel stronger, safer and more secure.

It's very easy. All you have to do is to follow my instructions and use your wonderful imagination.
You can do it with your eyes open or closed… it works either way… You can repeat this meditation anytime anywhere.

Take a nice deep breath in… and hold it in for a moment… and exhale slowly… and take another deep breath in… and hold it in… and again, exhale slowly.

As you keep focusing on your breathing, I'd like you to imagine that there is a beautiful light coming from above. A big beam of bright brilliant light… and you are standing right beneath it.

This light is very gentle and comforting… loving and caring… soothing and healing…

As you stand there beneath this beam of light, you start to take this light into your body… you breathe it in… and this light gradually starts to fill your body.

So, just imagine, visualize, pretend that you are breathing in this beautiful light… this Divine goodness… this fresh energy… and breathe out all that doesn't serve you anymore.

Breathe in the light… and breathe out all the worries and fears…

Breathe in the strength… breathe out all the negativity…

Breathe in the fresh energy… breathe out all the tension…

And as this brilliant light starts to fill up your body, it starts to seep through your skin… creating this beautiful glowing cocoon around you.

And as you keep focusing on your breathing… with each and every breath, this cocoon starts to grow bigger and brighter… bigger and brighter…

This is your protective shield that will keep away all the negative energy… it will repel everything that you don't want in your life…

Surrounded by this beautiful cocoon, you can keep yourself centered and focused… so can
you stay all day long feeling strong and confident… no matter where you go and what you do… you can be the best you can be…

And probably by now, you have these tingling and humming sensations in your body… that is because this practice is raising your vibrations.

The higher your vibrations are, the better you feel.

The higher vibrations mean feeling more positive… feeling happier… feeling stronger…

And the better you feel, the better your life can become… because your life is a reflection of who you are.

So, just keep breathing in this beautiful light allowing this goodness and sweetness to fill you up… and expand your aura… your protective shield… helping you to feel safe and secure…
With each and every breath, see your aura expanding and becoming

denser and stronger...

Allow this beautiful light to energize you…

give you strength and confidence… to do whatever you need and whatever you want to do…

Visualize this bright light pushing out everything that doesn't serve you or hurt you… whether it's pain, fears or people that don't have the best intentions toward you…

This protective shield is an extension of you…

it is as intelligent as you are… it knows exactly

what to do… what to repel and what to let in…

Visualize your aura… your protective shield is repelling… bouncing off everything that is not for your best benefits… whether it's negativity, aggression, jealousy…

Visualize how your aura is drawing in positivity, joy, happiness, and abundance into your life.

And now, take another deep breath and as you exhale slowly, open your eyes feeling amazing.

Understanding Your Relationships

The theory of reincarnation holds that there is no such thing as a chance encounter. Every significant relationship has a deeper purpose for your soul's continuing education, spiritual growth, and evolution.

The theory of soulmates reveals that our souls travel through time in groups. A soul-mate is not always a member of the opposite sex or a lover. It could be a friend, co-worker or family member. Members of the same soul group choose to reincarnate together to support each other through their journeys, to teach each other the lessons they may have previously agreed on.

Every person that walks into your life is a teacher. As surprising as it may sound, your worst enemies, the people that cause you the most pain, are your most important teachers. There is a chance that you have made an agreement with these people before reincarnating.

In a way, every person in your life is your reflection. Not necessarily the exact reflection of who you are, rather the reflection of the traits that need to be worked on. Some people come into our lives to make us face our fears and weaknesses. The liars teach us to fight for our truth. The abusers teach us to stand up for ourselves.

We learn in contrast. If you've decided to incarnate this time to learn kindness and love, you must know pain and hatred first. We wouldn't know what white is without comparing it to black.

How would you know what warm is without knowing what is cold? How would you define happy without knowing what it's like to be unhappy?

Think of all the people with whom you have or had an especially strong positive or negative relationship. Now, imagine that you have had a different relationship with these people in a past life. If your spouse sometimes acts like your child, it is possible that he or she, in fact, was your child in a previous lifetime. So, think about it: how uncovering your past life memories can help you understand and improve your relationships. With a few exceptions which I'll mention later, we tend to return to the same family. The

roles we play may change every time though.

One of my clients cringed after her hypnosis session, “Whew, my husband, used to be my son…”

Another client teared up, “We were always like this!” She exclaimed showing her index and middle finger crossed. She had flashes of the times when she and her mother were sisters, and another time when she was the mother to her now mom.

Bloodlines used to be the strongest formations that took precedence over any other social formation. With time, as the religions been formed, their egregors started to compete with bloodlines.

Egregor (or egregore) is collective intelligence, an autonomous astral entity made up of, and influencing, the thoughts of a group of people. Some magical orders have developed powerful egregors well.

More recently, as the human population keeps growing and people become more independent, more new egregors are forming – political, mystical, science, and even every substantial business entity forms its own egregor.

Stronger egregors have enough influence to keep their devotees coming back into the same egregor in each reincarnation. Specifically, of religions and occult. Religious devotees are usually sent to where they may attribute the most to the preservation of this religion. Occult’s devotees are usually sent to where they can evolve at a higher speed. These egregors serve as a depository of all the occult’s knowledge and its main interest is to influence people to acquire more knowledge. Each egregor offers some protection, support, and resources.

People that have done something that is against ethical standards and laws of a particular egregor will be “pushed” out by that egregor.

The same goes for the bloodlines. If someone has done something that may hurt the family, the bloodline as a whole, this person will be cut out and

will have to reincarnate outside of this formation. Just like if parents disowned a child and cut off all the family's resources, a person can be cut off from the support of all ancestors.

Sometimes, a person feels like an outsider in their own family. They don't feel accepted by their parents or siblings. From very early childhood, they may feel "different" and lacking a sense of belonging. That is the sign of someone new reincarnating into the family.

During the pre-Christian era, in Europe, there was a belief that you must have at least 16 children. The first four will go to the male line of the father's family. The second four children will replenish the female line of the father's family. The third and the fourth four will replenish the male and female lines of the mother's family.

You can draw your own conclusion in which bloodline your children are more likely to reincarnate. You can also make an estimate which ancestor may have reincarnated as your children. The average span of each reincarnation is 192 years. It does not apply to people that were killed or took their own life. They usually "bounce" back very quick.

Women that assume their husband's name will be reincarnated into his bloodline. Women that have children will most likely reincarnate into the bloodline whose name her children carry. In some traditions, including mine, there are special rituals for moving yourself and your children from one family egregor into another; some women may wish to do that in case of divorce. My priestess friend jokes, "Do all your mischiefs and "crimes" before your divorce and assuming your maiden name again. This way, your bad karma will be on your ex's family record, not on yours."

In any case, you may want to think hard before taking on your spouse's name. You lose the protection and support of your own family egregor once you take on another name. But there is no guaranty that you will be accepted

by your spouse’s egregor. Just like there is no guaranty that a tree, that was pulled out of one garden and transferred into another, will get rooted.

All your knowledge, talents and skills that you accumulate through your lifetimes get “deposited” into the bloodline’s or egregor’s collective consciousness and will be distributed among all its members. Studies show that when rats and mice are taught a new skill, their offspring are born already possessing this skill. Imagine the value of this mechanism in humans.

Connecting with Your Soul Family

There are times when we feel lonely, and there are times when we desperately need help but have no one to turn to. Understand, that you have the power to call in your soulmates – the members of your divine family. Keep in mind that the members of your soul family may be from a different age group and heritage, social status, and race. It's a big mistake to think that your soulmates will look like you. Even if you would normally avoid interacting with people from certain social groups, when it comes to your soulmates, it will feel as though all the borders have simply disappeared.

Learn this simple meditation, practice often, and you will never feel alone. You can use this script for guiding your clients too, whether in working one-on-one or a group setting.

Connect with Your Soul Family Guided Meditation Script:

Make yourself comfortable. Bring your attention inside. Take a nice deep breath in, hold it in, and let it out slowly… and as you do, allow all the tension to leave your body. And take another deep breath in… and exhale slowly… relaxing now… With each inhale… with each exhale… relaxing more and more now…

Imagine beautiful brilliant light coming down from above. Start to breathe that light into your body. Allow this light to spread through the entire body… it is a very gentle and caring light… And as this light fills your body completely, it starts to seep through your skin into the aura – your electromagnetic field...

Your aura now is getting brighter, denser and wider… with each and every breath you take... your aura expands… And as your aura expands wider and wider, it starts to vibrate intensely…

Your glowing aura will serve as a lighthouse for your soulmates that

incarnated at this time. These vibrations, like a radio wave, will signal to your soul family that you are ready to meet them… that you need them…

Affirm to the Universe out loud or in your mind: “I am ready to connect with my soul family. I am ready to meet my soulmates. I am ready to support and comfort them throughout our journey just as they would support and comfort me. I am ready for new experiences that would help my soul grow and evolve.”

Visualize attracting these people into your life... Imagine meeting your soulmates everywhere you go…

Imagine how you will learn from each other… Imagine how you will guide, comfort and support each other, working together through whatever life brings your way.

The more relaxed you are, the more powerful this meditation will be. Even better, if you can do that right before falling asleep. The state when you are kind of half dozed off - in between the awakening and sleep, your brain reaches the alpha state naturally. It is the perfect state for manifesting your desires. The neurons in our brain use electricity to communicate with each other. When the neurons simultaneously fire up in different areas of the brain it creates brain waves. Depending on the speed, it may be alpha, beta, delta or gamma waves. During the alpha state, the brain tends to ignore the outside sensory input and becomes more susceptive to suggestions. Alpha waves can be also stimulated by aerobic exercise, meditation, and hypnosis.

Your Soulmate

I'd like you to recall now how you've met your true love. It was different from meeting any other person. From the very first sight, you just knew that this is the One! And after just a few minutes of interaction, you got this feeling "I know you." And when you looked into his or her eyes, they seemed so familiar; it felt like you were looking at your own reflection. Everything you said to each other felt like you have already said it many times before. The first kiss felt like "coming home" after a very long journey. The first hug felt like you've been finally found after been lost. You felt your body longing as though you have reunited with your lover after a very long separation.

And all of a sudden, you were overwhelmed by rising feelings of joy, love, happiness, and, at the same time, sadness, fear, and pain of loss. And then you knew, this is not your first meeting. You have been together before.

You have been traveling through space and time. from one lifetime to another, parting your ways and finding each other again. True love never ends.

Often, people say that their love partner completes them. Possibly, you feel more complete because your partner's presence triggered a release of some past life memories. It helped you to recover long lost parts of you and become more whole. Reuniting with your soulmate may awaken the "sleeping parts" of your consciousness. This is why we often see that falling in love sparks creativity and uncovers some talents.

Draw in Your Soulmate

If you are single right now, I'd like to share with you a simple but very effective practice. It will help you to call in a lovemate.

Start this process on the waxing (growing) moon cycle. The third day after the New Moon would be ideal. You can look up the moon phases online or download a free app with a moon calendar onto your smartphone.

Every night, once you feel that you are about to fall asleep, create the image of your perfect lovemate. Again, in this little window between the awakening and sleep, you are naturally in the alpha state. In this state, you can bypass the logical factor and send your suggestions in the form of visualization directly into the subconscious part of your mind.

The subconscious mind cannot differentiate between reality or visualization. So, whatever you imagine will be accepted as truth. Because these will be your last thoughts before falling asleep, this information will keep processing through the dreams. With nightly repetition, your mind eventually will accept it as a new belief which will change your vibrations. These new vibrations will create a new reality. As within so without. If you want to change your life, change yourself. The real change starts within. This applies to any change you want to create, to anything you are trying to manifest.

Spend one week to complete the image of your new lovemate. Build this image by adding the details in your visualization. Focus more on character traits, knowledge, skills, experience, moral standards.

You would not be happy with even the best-looking mate if there is nothing to talk about or
if you could not rely on this person. So, focus on what is truly important to you.

The following week, start imagining the way this person may come into

your life, how you will meet, how you will learn about each other, how much you will like each other… most importantly, how you will feel. Will you be excited? Intrigued? Happy? Hopeful about your future together? You need to work up and experience these emotions as if it is already happening. Don't be too rigid in the details, leave some room for the Universe to improvise.

The third week, imagine your future with your lovemate. How and where will you live together? How will your family grow? How will you take care of each other? How will you travel and have fun together? How will you feel having this person in your life? Secure? Happy? Loved? Taken care of? Appreciated?

You need to create the feeling as though it is already your reality. You need to work up these emotions to generate energy. This energy is absolutely necessary for fueling your manifestation process. Imagine that your desire is like a rocket, and to launch it, you need to fill it with enough fuel.

Fourth week. It's time to take a break from visualization and take actions. Make efforts to meet new people, go out, join dating sites. Make yourself presentable and available. Your soulmate may have worn out his feet running around looking for you while you are hiding at home. Unless your dream is to meet a mailman, your potential lovemate is not likely to just show up by your door.

Focus on perceiving information. Notice even the subtlest changes in your surroundings. It's the Universe very hard at work adjusting your reality and building the pathways which will

bring the two of you together. Pay attention to the clues, signs, and messages you receive. Pay attention to your dreams and the visions you get during meditation. All of it may help you find the way to your soulmate.

Start this process over with the beginning of the next moon cycle. Be consistent with the image, so you don't confuse the Universe.

Imagine, if at a restaurant you order a steak, but when it's almost done, you change your mind and ask for fish. Now, the chef has to start over. It's the

same with manifestation. That is why it is so important to understand what you really want and set crystal clear goals.

Continue until you will meet your lovemate. Some of my students and clients succeeded within the first month, some needed a few months. So, repeat until you succeed!

Meet Your Soulmate Hypnosis Script

This script can be used on its own. It's suitable for working one-on-one or in a group session. Soft classical music will make a very good background for this session. If you want to add aromatherapy, opt for sweet scents like vanilla, rose, peony, and honeysuckle. This script can be easily incorporated into past life regression hypnosis, just omit induction and reemergence parts.

Induction:
Take a nice deep breath in… and breathe out slowly… Take another deep breath in… and let it out even slower this time… Take another deep breath in and hold it for a moment… and as you exhale, just allow all the tension to leave your body…

As you keep breathing deeply, bring your focus inside and scan your body. Look for any discomfort, heaviness, tension… Just breathe it out… Breathe in fresh air… breathe out all the stagnation… Breathe in fresh energy… breathe out the heaviness… Breathe in relaxation… breathe out all the tension… Breathe in peace and calm… breathe out the anxiety…

Just allow all the discomfort and uneasiness to leave your body… so your body can relax completely now… and feel this relaxation spreading throughout the entire body…

Every part of your body is relaxed now… every joint, every muscle, every fiber of your body is completely relaxed now…

As your body keeps relaxing even deeper now… I'd like you to use your wonderful imagination and create a beautiful staircase. Make it to your liking.

You can build it out of wood, rocks, bricks, or beautiful white marble. Make it as fancy as you would like… Make sure that it's safe and secure. Put some lights over it. If you'd like, throw a plush rug too.
And as you are standing there on top of that staircase, you can see that there are only ten steps down… and you know that

as soon as you reach the bottom of that staircase, you'll reach the level of relaxation that is just perfect for you at this time…

Just remember, no matter how far and how deep you'll go, you will always hear my voice… of course, you may hear other sounds or voices, but none of these sounds will matter… they will just fade organically into the background. I will count backward from 10 to 1, and as I count, imagine taking one step down the stairs, and as you do, just allow yourself to relax even deeper.

10 – take one step down… and already feel more relaxed.

9 – take another step down, and relax even deeper now… Going deeper and deeper with each step you take…
8 – going even deeper now… down… deeper
and deeper with each and every number…
7 – another step down… feeling yourself sinking, sliding, drifting deeper and deeper…

6 – going even deeper now… so very relaxed… every joint, every muscle, every cell of your body is so relaxed now…

5 – feeling calm… feeling peaceful… safe and secure… completely relaxed… the deeper you go the better you feel… the better you feel, the closer you get to your desires…

4 – going even deeper… with each heartbeat… with each breath you take… going deeper and deeper…

3 – leaving all the worries of the day behind… all that matters now is this moment of complete and utter relaxation…

2 – going even deeper… even deeper now…

1 – just let it go completely now… sinking, drifting, floating deeper and deeper into that
beautiful hypnotic trance…

Script:
As you keep relaxing now… you find yourself in a room where you can get yourself ready for a very special meeting.

It may be your bedroom or a luxurious hotel room… it may be a dressing room in a movie studio… it may be a very special room that exists only in your imagination…

This is the place where you can take a relaxing bubble bath or invigorating shower… whichever you prefer…

You can invite helpers to get your hair done … (give you a nice shave if you are a man) … (put beautiful makeup on if you are a woman)

There is an outfit ready and waiting for you… it will be just perfect for the occasion… with all the accessories that you may need – elegant shoes, a beautiful watch… jewelry… and, of course, some perfume to go with it…

Check yourself in the mirror… make sure that
everything is perfect… admire the way you look… You are stunning! Gorgeous! Simply irresistible! Ready for that special meeting.

Did you hear the bell? Your transportation is here to pick you up…

What is it? A shiny limousine? A private jet? A carriage with six beautiful horses?

Feel the excitement of anticipation is growing within you… Very soon, you'll meet the One.

You are there now… A beautiful garden filled with flowers… Lighted by fire torches and hundreds of candles. The air is filled with a beautiful aroma, voices, and music…

Does this place seem familiar?

Have you been here before?

As you walk closer… the music gets louder… you can see now faces… some

look familiar and some you see for the very first time…
Relax… and walk closer now… people are greeting you with big smiles… join in…

Relax… and enjoy the music… people are dancing around you… and as you submerge completely into this joy, music, and dancing… you notice someone is walking through the crowd towards you… getting closer and closer… and already now you start noticing the details – the face… the smile… the eyes…

This is the One you've been waiting for.

Does the face look familiar?

Have you been together before?

Or it's the very beginning of your journey together?

Introduce yourself. Say why you are here… say that you are ready for your lifepaths to be merged… say that you are ready to welcome the new love into your life… say that you are ready to build a family… say how much you're ready to give in the relationships… say what you are looking for, what you need from the relationship…

Your soulmate may embrace you in a loving hug… may want to swirl you in a dance… and as you dance… your soulmate will tell you everything you need to know… Just relax and enjoy this time together…

Is your soulmate ready to join you on this life journey? How will you meet? How will you recognize each other?

Here is that bell again. Your transportation is ready to take you back…

It is time to say Goodbye… just for now… just for a little while… until you'll meet again.

Hug your soulmate tight… so your hearts touch… creating an energetic connection – the cord that will keep you connected no matter where you

are… and through this cord, you can send love to each other…
As you are traveling back home, notice how peaceful it is in your heart… notice how the feelings of joy and happiness grow within you…

Know, trust, have a strong conviction that very soon you will be reunited.

Once you fall asleep tonight and slip into the
dream realm, you may see your soulmate again… Feel the bond between you growing stronger… and enjoy this time together now that you have found each other…

Reemergence:
As you enjoy this sensation of love growing within you, I'm going to count from 1 to 5. As I count, allow all these suggestions to really sink in, be absorbed, organized and become a permanent part of you. By the count of 5, you will be fully reemerged, feeling refreshed and energized.

1 – absorbing all the suggestions… making them very true and real for you.
2 - already now, feeling so much more positive and optimistic, knowing that very soon you will meet your soulmate.

3 – feeling content, satisfied, and very happy.

4 – feeling refreshed, full of energy and inspirations as though you just got back from an amazing vacation… and in a way, it was your vacation.

5 – whenever you are ready, you can open your eyes feeling fantastic.

Recognize and Release Karmic Ties

Do you feel trapped in your relationship? Can you compare yourself to a hamster spinning a wheel – running in the same place without making any progress? Do you feel that your relationship is stagnating, does not evolve, does not "go" anywhere? Are you stumbling over the same issues time and time again without being able to resolve them?

Sometimes, we stay in a relationship without having any warm feelings left. We know that there is absolutely no love, no attraction left, but for whatever reason, we still cannot leave. We feel trapped. We feel tied to this person. Even when you make the attempts to leave, it seems like the Divine itself is working against you. If any of it applies to your situation, then it is possible that you are stuck in a karmic relationship.

Possibly, in another lifetime, you or your partner, or both, have made some promises to each other but did not fulfill them. Understand that whenever you make a promise and say "forever", it doesn't just apply to the current lifetime. This promise may keep you obligated throughout many lifetimes. Be careful what you say. Don't make any promises without thinking about how it may affect you in the future. You may say: "I will love you forever. I will always be with you." In the next lifetime, you may have very different plans, but you will still be bound by your promise.

If one partner did not fulfill some obligations in the past, this lifetime gives another opportunity to "pay the dues", and the other partner is here to collect the debt.

Maybe, you and your partner caused a lot of pain to each other in the past. In this lifetime, the situation might be very different.

Logically, your relationship should thrive, but neither of you are able to enjoy it because of all the negative emotions that still linger from the past and the pain that you are still carrying.

Analyze your relationship. What pattern tends to repeat itself over and over? What emotion do you experience more prominently in your relationship? Reflect on what hurts you the most, what triggers the strongest emotions, and you will be able to draw some valuable insights.

Do you feel that you cannot trust your partner, even though there was no logical reason for that? Possibly, your partner had betrayed you in the past, and now you are still carrying this old pain.

Maybe infidelity is the issue. For most of the people, it is very important, and if your partner is not willing to provide that, it may cause a lot of pain.

Still, for whatever reason, you choose to stay. Possibly, you were unfaithful in the past, and now you are put into this situation to learn what it's like to be on the receiving end.

Maybe you both have agreed to take turns to play these roles as children do in their games.

On the logical level, you may realize that this relationship isn't working and causing you a lot of pain, yet you choose to stay because this is something that you have done throughout many lifetimes, and now it is very hard for you to break this pattern.

The past life regression can help you to gain insight onto the experiences you may have had with this person. It can help you heal the present by releasing the old pain.

When a student goes to a school, he is expected to graduate from one class and move into the next one to continue his education. Life is no different. Life itself is a school. Each relationship can be viewed as a grade in school. Once we learn all the lessons one relationship can teach us, we "grow out of it" and may move on to another relationship to learn the next set of lessons. It is normal to "grow out" from your relationship and seek another one that can help you grow. As sad as it may feel to let some people go, understand that it is for the benefit of all.

If you believe that your relationship has outlived itself, and there is no hope

to revive it, you need to untie this karmic knot.

It can be done during regression hypnosis, in prayer or meditation, it can be done in a face-to-face conversation with this person or by writing a letter. Burn the letter if you cannot give it to your partner.

Say or write: “Please forgive me for everything I’ve ever done to hurt you as I forgive you for everything you’ve ever done to hurt me. I am withdrawing all the promises I’ve ever given to you. I am freeing you from all the promises you have ever given to me. I am annulling all the contracts and vows. I am releasing both of us from any obligations to each other. I am setting both of us free.” That statement alone has the power to untie a karmic knot and set you free. Follow this practice with the Protection Meditation that you’ll find in this book. Energetic cleansing and energy cords cutting may be very beneficial too.

Cord Cutting

Energy cord (or etheric cord) is a high-frequency communication directed back and forth between people. A strong connection can be developed between mother and children, siblings, intimate partners. This connection can be created between people and egregors and other astral entities as well.

Through these cords, we can transmit energy and communicate telepathically. In a healthy relationship, we can create vibrant mutually beneficial energy exchange. We can also get drained through this cord.

We are all able to generate energy and absorb it from our surroundings: from natural forces. We can get it from food, from sunshine, from the things we enjoy… there are many ways to get it.

But there are some people unable to generate or absorb the energy on their own, so they steal it from other people. These vampires prey on people that are kind, empathetic, and generous. They are eating you.

Young kids, elderly, sick, and men in general naturally have less energy and they need your care, your love, your time, and energy. If you are a woman, know that your family is sustained on your life force. And it is a natural way of life. In a healthy relationship, there is a fair exchange. We are all giving something and receiving something.

Unfortunately, sometimes people that do not wish us well get attached to us too. Sometimes, we leave relationships, but the cords are still active, and we may get drained of our energy by people who are no longer physically present in our life.

The signs of draining attachments: feeling exhausted, depression, having difficulties making decisions as though you are being controlled by someone, feeling stuck, having this person constantly coming up in your thoughts and

dreams. This unresolved etheric connection may constantly drain you of your energy and hold you back from moving on with your life. These cords may carry imprints of betrayals, traumatic and painful experiences from the relationships. Left unresolved, these imprints will be carried over as soul memory through many lifetimes, attracting the same people into your life and may be projected onto other relationships.

If you have some toxic people or psychic vampires in your life, cord cutting would be very beneficial.

How do you know that you are dealing with this type of people?

- Feeling exhausted, and sometimes even sick after the interactions with these people.

- Sudden nausea, stomachache, headache, tightness, feeling uneasy and anxious before, during or after the interaction.
- Feeling stressed, irritable, frustrated or angry for no real reason

- Feeling that you have fog or some heaviness come over you.

- Thinking about this person long after the interactions, keep rewinding what happened and having unpleasant dreams about the person.

- Just being uncomfortable around this person. Feeling slimy.

Whether you believe that you may be held back by past life connections or you want to end the present relationship, cutting the cord will help you to severe those relationships for good. You will instantly feel lighter, more peaceful, and harmonized. Soon, you will notice how much more energy you have.

Light some candles, burn incense. Dragon’s Blood, Myrrh and Frankincense are great for this ritual. Prepare a bowl with some water and a few pinches of salt in it. A knife, athame if you have one or any kitchen knife.

Take a few deep breaths and get centered. Imagine this person standing before you. Say whatever you need to say to this person. You may use the example from the previous chapter. Some people can see the energy cords. They look like a hose made of light. If you cannot see it, just imagine this cord connecting you and the other person.

When you are ready say your final goodbye and sweep with the knife in front of you cutting this cord. Light dizziness is very common during this ritual. With your eye open or closed, imagine taking the free end of the other person's cord and attach it to their body so it can't reattach to you. Allow the image of this person to fade and disappear completely.

Bring your focus inside and scan the body for any uneasiness, heaviness, tightness, discomfort. Find where this cord attached to your body. It may be your sacral chakra – the area below your belly button. It may be your heart or through chakras. Take the free end of your cord and pull it out gently from your
body. These cords are usually rooted like a tree deep into the body. Keep pulling it. Check if there are any of those roots left. Gather it all with your hands and pull it out. Once you've made sure that it is all gone, dip your hands in saltwater and sweep your body.

You are cleaning away the residue, any informational imprints from this relationship. Keep dipping your hands into the bowl and sweep from top to bottom, covering the entire body.

While you do this, chant something like: I am removing all the informational residue of this relationship. I am cleansing away all the pain this relationship caused. I am getting rid of everything that kept me attached to this person…"

Take a lit candle and make a few slow passes around yourself allowing the flame to cleanse any residue. Follow with the incense stick of your choice. Now, you have cleansed yourself with all the elements: water – represent Water element; salt – Earth element; a flame of the candle – Fire element; smoke from the incense
– Air element; your intent and chant – Ether element.

Now, you need to seal the wound from the cord you just removed. Draw the Divine light into your body and allow it to flow through your hands. Place your hands gently over the wound, fill it and then seal it with the light. You are free from this connection now. By removing stagnant energy, you have created a vacuum that will pull in a new energy. By adjusting your body's vibrations, you can control what kind of energy you will attract.

If you want to attract new love, have a bath with rose petals, vanilla, musk. Follow with a simple candle ritual. Pink candle for attracting romance into your life. Red candle will draw passion. Hold the candle in your hands and charge it with your intent. Visualize what you want to happen. Light the candle and as you gaze over the flame continuing your visualization.

Form the idea in your mind and heat up the desire in your sacred chakra (tummy). Then draw both into your heart and marry them. Project that "marriage" of your idea and desire into the Universe. That is how the magic happens!

If you want to draw abundance, add milk and honey into your bath. Use green or golden candle for your ritual. Fill a small saucer with coins and dollar bills. Sprinkle with nutmeg, cloves and poppy seeds. Place a candle holder with your candle over the money pile. You can anoint the candle with patchouli or cinnamon essential oil. The anointing is just rubbing the candle with the oil while charging it with your intent and energy. You can inscribe the symbols that represent wealth for you.

The Power of Words

Hypnotists are aware of the power of words much more than many other people due to using this power daily during work with clients.

We know how an unconsciously dropped comment can instill a lot of damage into one's mind. We also know that with a bit of conscious effort, the word can heal and can change one's life for the better. The power of suggestion can be much stronger than any medication or even a surgeon's knife. That is why we're so careful weighing every suggestion, every word during hypnosis sessions. The subconscious mind will take in those suggestions and then apply them in a way that it can chemically and physically alter one's body, can clear away traumas and fears, can turn one's whole life around.

There is absolutely no doubt that the word has an enormous effect on our mind. But not many people realize that the effect the word can produce goes far beyond our mind.

In my healing practice, I use spell-work. Yes, I use spells, like in magic or witchcraft, as some would say. It's very similar to traditional hypnosis. The spells are scripted in a similar way we script hypnosis. The use of imagery and metaphors is very common in spells. Some people say it is all just hypnosis. You put suggestions into someone's mind, and the healing may happen. Both hypnosis and spell-work require trance; but in spell-work, the practitioner has to be in the trance, not the client.

I'd like to bring your attention to something else. Depending on the work I am doing, I may use a different language… my clients may not understand anything I say, the healing still will happen. I'll tell you more, some of my clients I have never met and have never spoken to them directly, the healing still takes place.

Hypnotists say that we program the mind with hypnosis. I would say that

our words have an ability to program not just mind but our bodies, our surroundings, the Universe itself.

Spoken words can produce some effect whether they are addressed directly to a person or not. Every single word we say can affect us positively or negatively. So, I am inviting you to be conscious of every word you speak. As we all know, the word can heal but also can do the opposite.

Sometimes, if we are not careful, the words can do a lot of harm. Here are some examples:

"Yes, I can treat this illness,"
"We can treat chronic pain,"
"Let's work on your insomnia,"
"I can help you work through your trauma."

By saying so, you are treating the issue which makes this issue bigger and stronger.

Instead, replace it with proper wording:
"Let's get you healthier,"
"Let's focus on strengthening your
health,"
"I can help you sleep peacefully …"

Every word you say has to "feed" something
that we want not something that we don't want. So, we must be very cautious about our choice of words.

I am sharing with you something that I add to almost every session. I'd like you to try it in your own practice, you may be pleasantly surprised at the positive effect. This is a very general script, and virtually anybody can benefit from it. It can be incorporated into a hypnosis session, including past life regression. It can be spoken during massage or energy healing. You can also speak it over a photo of your client or over an item that your client will be using, like massage oil, perfume, drink, vitamins, piece of jewelry… You can list the issues that are relevant to your case.

Healing Light Script

Drawing the healing light into your body and filling it up completely. Cleansing, removing, burning with this light everything that does not belong there; all the pain, fears, traumas, painful memories, damaging attachments, addictions, limiting beliefs…

Like the fire burns everything and spares nothing, this light burns all the viruses, bacteria, fungus, parasites, worms, bugs out of this body…

Like a laser beam can reach and destroy anything, this light reaches and destroys all the stones in every organ: in the stomach, in the liver, in the pancreas, in kidneys, in the urinary tract, in the bladder, in colon… This light burns all the stones completely turning them into nothing.

This light burns and turns into nothing all the lumps, fibromas, scar tissues, cancer cells, and any stagnation.

This light burns and turns into
nothing all the toxins, heavy metals, poisons that may have been accumulated since birth.

This light burns and turns into nothing all the illnesses, diseases, disorders, all the damage that may have happened since birth.

This light burns and turns into nothing all the excess fat, the fat from under the skin, the fat from the organs and from the spaces between organs. All the unneeded fat cells get dissolved completely now.

This light cleans and renews the entire body, every organ, every bone, every joint, every tissue, every muscle, every cell, every fiber.

This light removes all the unwanted

attachments and dissolves unhealthy relationships with people that are not

good for you.
This light, like a fire, scares away all the ill-wishing people, gossipers, scammer, thieves, manipulators, moochers, liars, and cheaters.

This light removes all the parasitic attachments, ill spirits, dead souls, and demonic entities from the physical, mental, emotional, and energetic layers of your body.

This light burns and turns into nothing all the evil wishes, evil eyes, ill words that may have been sent your way since birth.

This light burns and turns into nothing all the curses, hexes, evil spells that may have been put on you intentionally or unintentionally since the birth.

This beautiful light cleans and purifies, renews and reenergizes you completely and charges your body with strength and vitality. Fills your mind with confidence and a beneficial belief system. Fills your heart with love, happiness, and joy.

This light harmonizes your body so it functions as a perfectly tuned machine. Every bone, every joint is perfectly aligned now. The entire spine with every disk is perfectly aligned.

Every organ is in its right position.

As this light fills up your body completely, it makes you glow like a lighthouse that attracts luck and abundance into your life, attracts the members of your soul family that will support you on your spiritual journey.

What’s in Your Birth Date

If you haven’t done any astrological readings yet, I suggest that you get a natal chart - your astrological birth chart. You will feel much more confident having something to compare with uncovered past life memories. Vedic astrology, in particular, can offer many answers in relations to your past, present, and future. It is possible to calculate your karmic lessons of the past and present lifetimes. You will be amazed at how much information this chart can offer – about you, your family, and your love mates.

I haven’t gone deep into the Vedic astrology until my late thirties. I wish that I had done it much sooner! Looking back at my life and comparing it to the chart, left absolutely no doubts about accuracy. It felt as though I was reading my life’s story. There were details about my childhood, my health, my relationships with
my parents and siblings. Even my marriages and relocation across the ocean were right there in the chart. I have found so many pieces to add to my puzzle! It helped me to make more sense of who I am and what influences my decisions and actions. I can say that through studying astrology I became much wiser. I am inviting you to open your mind and see what astrology can offer you. You won’t regret it!

I’d like you to imagine that you are in school. And you understand that you suppose to learn something and you know that there will be a test… but here the thing: you don’t know what exactly you suppose to study and you don’t know what you will be examined for.

You see, this life is just like that, it’s a school; this planet is a humongous school ground. We are here to learn. Every incarnation presents a set of lessons. Our lessons, our mission, the things we suppose to achieve, the roles we suppose to play, it is all predetermined. Our

lifepath is predetermined. There are a few things we must accomplish in our lifetime. We must fulfill our primal mission – to continue life. A woman's primal mission is to give birth and raise children; a man's primal mission is to provide and to protect.

We also have some obligations before humanity and the Universe in whole. But first, I'd like to focus a little on our family/our bloodline. Your family is a formation of alike souls. Each of us has some role and some duties assigned, and we must work synergistically to farther the evolution of the souls in our family. This assignment may change from lifetime to lifetime. It can be something very practical as building a house, accumulating wealth, climbing on the social ladder to create a better foundation and provide more opportunities for the generations to come. Other duties may be unlocking certain talents, acquiring specific knowledge, creating something…

There are certain things we must accomplish, but with free will, we can choose how we'll go about it. And that is what gets us in trouble. And when get too distracted and don't fulfill our duties, then life becomes difficult. You see, following your true life path is like going with the flow; and when you are off your life path, it's like trying to swim against the flow. When you do what you suppose to do, when you are on your true life path, everything falls into the right place, your ancestors, your angels, the Universe itself conspire to help you. And that is when you become what we call "lucky". Luck is when your plans match with the plans of the Universe's plans.

If you could get some clues on what your true life path is, wouldn't that make it a whole lot easier? Past life regression can give you these clues. Astrology, numerology, palm and face reading – these are like passports and road maps of your soul. I combine all of it when working with my clients. Because when you put

all these bits of information together, you can create a very practical manual to your life. It can help you unlock the ancient knowledge, the talents and abilities you have acquired throughout your soul evolution. Comparing astrological charts with the visions during PLR and reflecting through that on your present life can turn any disbeliever into a believer.

So, how do you know that wondered off your life path? Your emotions,

feelings, and desires are your internal GPS system. Pay attention to what you feel, don't suppress your emotions; this how your soul communicates with you. Pay attention to your body, it is very literal.

If something feels really bad, then it's probably wrong. If your prayers are not answered, possibly you are praying for a wrong thing. If you see some situations in your life repeating themselves, you need to understand what they are trying to teach you. Once you'll understand that, the situation will resolve itself.

Pay attention to situations that are extremely difficult. I am not saying that your life should be easy. I am talking about the situations when everything, people, circumstances and you're your own body, are working against you. Reflect on your goals – is it really what you want, is it really important to you, will you, your family and society benefit from it? Is it possible that the Universe itself is trying to stop you because you wondered off your true life path?

Wouldn't be fair for me to talk about how I implement astrology in my work and to give you at least a little taste of it. Here is some information that may find helpful.

The month of your birth shows your karmic lesson for this lifetime in relation to your family (bloodline or clan). People that avoid working through this lesson will be placed into similar but increasingly more challenging life situations continuously. Once you "pass this exam" your life will improve drastically.

January – if you were born in this month, you have volunteered to help your siblings to correct mistakes made in the past or present lifetime. Most likely, your siblings are not easy to get along with. They must have continuously made very poor choices to accumulate such amount of negative karma, and now you have to help them to work through that karma.

You must try your best to support them and help to make the right choices. Avoid judging and becoming resentful towards your siblings. They need your love. You are an older soul. Approximate age is 7,500 years or older. You are highly evolved spiritually and intellectually. You can make a great psychologist, healer or spiritual teacher.

February – if you are born in this month, you came to learn from your grandparents. Most likely, you have a much stronger bond with your grandparents than the bond you have with your mom and dad. Your lesson is to learn kindness and compassion by taking care of one or both of your grandparents.
If for whatever reason you won't work through this lesson with your grandparent, later in life, you may find yourself in a situation where you'll be taking care of your sick spouse or children. If your grandparents are not present there is maybe another elderly relative that needs your care.
February's children are tied to home. Comfort and security are very important to you.

March – if you are born in this month, you are most likely strongly attached to your mother. Mother is your most important teacher. Mothers of these children are usually very controlling and demanding. Often, men and women that were born in March have a hard time getting out of this dependence. Even after they get married, their mothers try to control their new family.

You must learn to make your own decisions and become independent. You need to develop your own system of values and beliefs. Allow yourself to have your own views and opinions that are independent of your mother's. Build clear boundaries and reinforce them each time your mother tries to push them. If you don't learn to set your boundaries in the relationship with your mother, these problems may project into all your relationships – with your spouse, friends, coworkers.

April – if you were born in this month, you have volunteered to help your father to work through his negative karma. You are a highly evolved and very compassionate soul.

Most likely, your father has made some very serious mistakes in the past or a current lifetime to accumulate such amount of negative karma.

Your relationship with your father may be complicated with a lot of tension. You must do your best to guide your father to better decisions. You came to help him to become a better human being.

May – if you were born in this month, you came to help your mother to work through her negative karma. You are a highly evolved and compassionate soul.

Your mother most likely has made some serious mistakes in the past or current lifetime. You have volunteered to help her.

Avoid judgment, be as supportive as you can. Your job is to help your mother become a better human being. Help her to make better choices.

June – if you were born in this month, you didn't have a family in the previous lifetime. You didn't want to have a family or couldn't for whatever reason. Now, you came into a complicated family situation.

Your job is to become the peacemaker in your family. By learning how to create more peace between your parents and/or siblings, you will learn to build a happy family of your own in the future.

July – if you were born in this month, your job is to relocate your family to another place. Most likely, your family has been living in the same place for many generations and started to stagnate. Moving will create an energetic shift and open new possibilities for growth and development. Probably from very early childhood you loved to travel and were dreaming about living in another town or country. You must inspire your entire family to move.

Watch out carefully for job promotions, invitation, propositions, new home deals – the Universe will give you opportunities for relocation.

August – if you were born in this month, you are the glue that is supposed to hold your parents together.

You are a peacemaker just like people born in June. You are put into this situation to learn love, compassion and compromise. You can make a great lawyer, diplomat, or negotiator.

September –

if you were born in this month, you are an older soul. You are a carrier of sacred knowledge and possess many talents. You may possess extrasensory abilities.

Your job is to realize your talents and bring fame to your family's name. September gives birth to many healers, gurus, scientists, and artists.

October – if you were born in this month, in this lifetime your job is to learn to make money and grow your family's wealth.

You must learn true generosity. Your generosity will be constantly tested by placing you into situations where your family members need your financial support. You need to learn to work strategically with finances, accumulate wealth and avoid unnecessary spending.

The Universe will constantly present you with many opportunities to make money. Great bankers and entrepreneurs are born in this month.

November – if you were born in this month, your job is to raise the social status of the family. You must acquire a good education and aim for the job with good growth potential.

You are naturally very competitive, with a sharp mind and high drive for success.

The Universe will present you with many opportunities to take a leadership position and assume a higher social status.

December – if you were born in this month, you are a very young soul. You are just starting to learn what it's like to live on this planet.

Most likely, you are not very social, prefer to be alone. Your lesson for this lifetime is to learn love, kindness, and compassion through your relationship with your parents.
It is best for you not to avoid social interactions and pick a job that will involve working with the public.

If you were born on 1, 10, 19, or 28, you are original, very independent and individualistic, artistic, creative, can be egocentric. High level of charisma and energy. Always standing out for the crowd. Blending in would equal death for you. Stubborn. With strong leadership qualities. You like the Sun draw people towards you. You love the attention, but at the same time, you don't really need anybody. You have a very strong sense of self-awareness. You are much more productive working independently than in a team. Always full of new ideas. You trust your abilities and don't like to rely on anybody. Don't like to ask for help. You can make a great artist, actor, writer, inventor, designer, engineer, speaker. Sun is your ruler. Ruby is your lucky stone. Yellow gold is your lucky metal. Lucky colors: yellow, gold, orange, red.

If you were born on 2, 11, 20 or 29,

you are a very harmonic, sensitive and compassionate soul. You are a true romantic. Gentle, caring, tactful, polite, diplomatic. A pacifist. Don’t like confrontations. Creative and artistic. Very intuitive. A natural empath. Your greatest talent is to lead from behind the scenes like a wise wife leads her husband. Partnerships and cooperation are very important to you. You cannot live without a romantic relationship like fish cannot live without water. You can make a great artist, actor, psychologist, healer, caregiver, Tarot reader. Your talents, creativity, and intuition are fueled by the Moon. Moon is your ruler planet. Learn to synchronize your schedule with the Moon cycle. New Moon brings a boost of energy. As the Moon grows so is your energy level. It will naturally drop during the waning Moon period, so take it easy, finish up old projects, and allow yourself to rest more. Your lucky stones are moonstone and pearls. Silver is your lucky metal. Lucky colors: white, silver, pearly white.

If you were born on 3, 12, 21 or 30

, you are a real bundle of joy, very energetic and enthusiastic. Generally, you consider yourself lucky and you’re happy with your life. Always positive and optimistic. You lead a very active lifestyle. Love to socialize. Love to travel, especially internationally. You are drawn to everything foreign and exotic. Your cheerful attitude draws people. People also often turn to you for guidance, and you love to share your wisdom. You need your freedom like you need oxygen. You are not likely to rely on anyone to give you a job, you’d rather create that job for yourself. You like to think big. You love grandiose projects. You can make a great consultant, teacher, guide, speaker, and writer. Jupiter is your ruler planet. This planet gives knowledge, luck, and expansion. Everything you’ll focus your attention on will expand. Your lucky stones are yellow citrine and yellow sapphire. Lucky colors: yellow and blue.

If you were born on 4, 13, 22 or 31,

you are a natural-born creator, reformist, and innovator. You are always at the edge of what we call reality, expanding the boundaries of this reality, pushing the limits. You are non-conformist and constantly brewing some revolutionary ideas. You are very open and straightforward in your communications. Therefore, you may have a lot of enemies and critics, most of them behind your back because not many have the guts to face you in open battle. Regardless, you are always able to see through to people's true nature. You are like a deadly force that sweeps away all the obstacles in its way. You may feel like you are always at war with something or someone. Your life is filled with constant ups and downs. You have incredible survivor skills and a very high endurance level. You can make a great spiritual teacher, occultist, scientist, inventor, sci-fi writer, actor, movie director, politician. Your ruler planet is Rahu. Your lucky stone is hessonite garnet.

If you were born on 5, 14 or 23,

you are blessed with high intellect, exceptional communication skills, and entrepreneurial spirit. You cannot sit still. You need constant changes. You are very social. Love intellectual discussions. Your mind is very fast and sharp and demands constant stimulation. Your strength is to generate ideas and communicate them in a very precise way so people can understand. People often tell you: “You have a way with words.” The words flow from your mouth very elegantly mesmerizing the listeners. Your great communication skills can sell snow in winter. You are able to see through other people’s strategies and beat them at their own games. You can make a great politician, speaker, writer, consultant, businessman, merchant, diplomat, negotiator, critic, entertainer, and comedian. Your ruler planet is Mercury. Your lucky stone is emerald.

If you were born on 6, 15 or 24,

you are a very charismatic and charming being. You have the ability to mesmerize people. People often disclose to you all their secrets, while you often hide your true feelings under a smile for the sake of keeping the peace. You are blessed with a beautiful face and body. Women born on these days often become irresistible seductresses. You are very creative. Your family and intimate relationships are very important to you. You are driven by beauty and love. Your call is to bring more balance and harmony into this world. Your love for beauty may be expressed in the way you decorate your home. It may look like a gallery or museum. You can make a great artist, actor, musician, composer, singer, sculptor, decorator, image-maker, fashion designer, jewelry maker, perfumer, interior designer, landscaper, architect. Your ruler planet is Venus. Your lucky stones are diamond, white sapphire, and opal.

If you were born on 7, 16 or 25,

you are a wise and enlightened soul. Deep thinker. You tirelessly seek knowledge and try to understand this world. You are like Rahu's people a reformist but in a "quiet" and secretive way. You prefer to be away from the crowd and public attention. Majority of people are not able to understand your ideas. To most, you will always be an uncovered mystery. You are drawn to history and ancient traditions as though subconsciously you miss those times. Even at a young age, you may have much more wisdom than the elderly around you. Death does not scare you. Whether consciously or subconsciously you have a deep understanding that you are much more than your physical body. You can make a great astrologer, numerologist, occultist, writer, spiritual teacher, psychologist, priest, mystic, artist, poet, judge, scientist. Your ruler planet is Ketu. Your lucky stone Cat's eye.

If you were born on 8, 16 or 26,

you are a very strong-willed, driven, goal-oriented, hard-working person. You are very conscientious. Your motto: Do what's right. Law and order are very important to you. Your patience and ability to strategize make you very successful in long-term projects. Financial security and social status are very important to you. You can't stand wasting time on small talk and meaningless relationships. Can work long hours without weekends or vacations. Can become judgmental towards others but it's due to your ability to see what's right and what's wrong. For the same reason, people often seek your advice. Your love for order may express itself in the way you dress, most likely it's monochromatic look in black or gray color without any excess accessories. You can achieve great success in real estate, military, legal system, and politics. Your ruler planet is Saturn. Your lucky stone is blue sapphire. Lucky colors: black, midnight blue, gray, steel-gray, and silver.

If you were born on **9, 18 or 27**,

you are a warrior at heart. You are fearless, ambitious, independent, optimistic, very confident, with high charisma. Men born on these days can be very handsome. Their strength and willingness to protect makes them very attractive to all women. You are strong physically, mentally and emotionally with an exceptionally high level of energy and endurance. You are an unstoppable force when it comes to fighting for your beliefs. Your motto: Fight for truth and fairness and protect helpless. You are very protective of your family and friends. You can do exceptionally well in leading youth, participating in the Big Brother program, working with troubled teenagers. You can achieve great success in the military, politics, legal system, sports, and leadership. Your ruler planet is Mars. Your lucky stone is red coral. Red is your lucky color.

hope, this book will help you discover
what a divine being you really are.

I’d love to hear your success stories!

All my love,

Guzalia

About the author:

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NqRXvBEhC8tJxpVYFg

Past Life Regression Documentary by Guzalia

Davis in collaboration with International Past

Life Regression Practitioners Network:

https://youtu.be/QxTsdgoH43E

Other books:

Anosmia Protocol for Hypnotherapists

https://www.amazon.com/Anosmia-Protocol-Hypnotherapists-Guzalia-Davis/dp/1985143070/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=

Magical Dreamland: Hypnotic Night Story

https://www.amazon.com/Magical-Dreamland-Hypnotic-Night-Stories/dp/19853204